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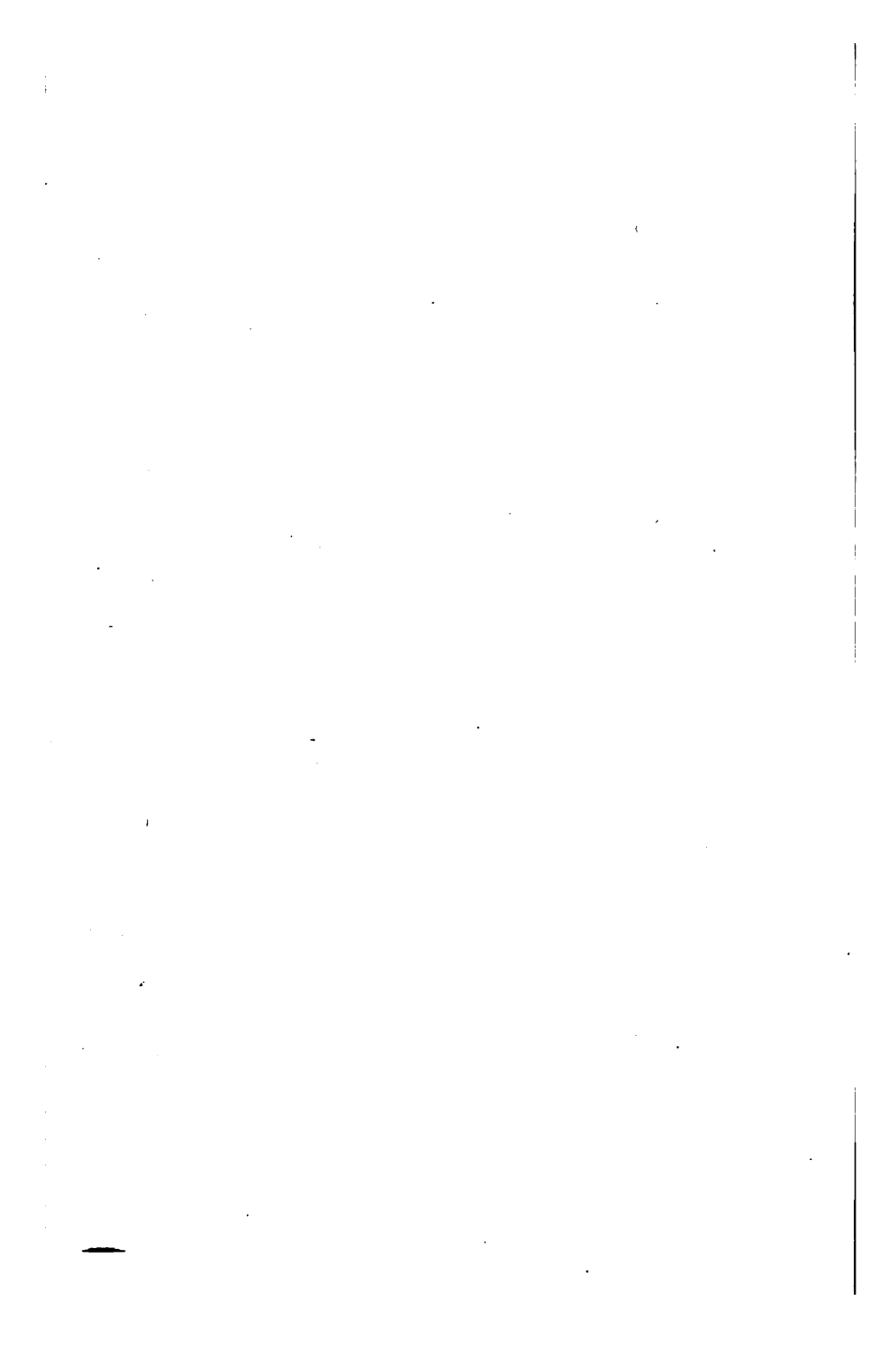
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## **HOT WEATHER DISHES**





# HOT WEATHER DISHES

BY

MRS S T RORER

AUTHOR OF PHILADELPHIA COOK BOOK

CANNING AND PRESERVING

HOME CANDY MAKING



PHILADELPHIA

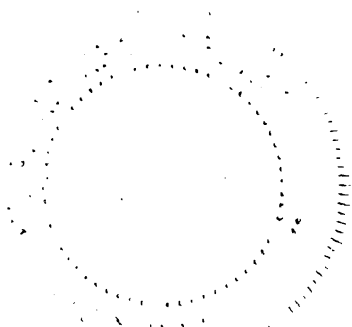
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## CONTENTS

### PREFACE

VEGETABLES . . . . .	1
SALADS . . . . .	23
FISH . . . . .	32
SHELL FISH . . . . .	38
MEATS . . . . .	47
BEEF . . . . .	47
MUTTON . . . . .	55
VEAL . . . . .	58
POULTRY . . . . .	65
POTTING . . . . .	72
EGGS . . . . .	74
SANDWICHES . . . . .	79
MEAT AND FISH SAUCES . . . . .	82
STOCK FOR SAUCES . . . . .	82
PUDDINGS AND DESSERTS . . . . .	86
ADDITIONAL RECIPES . . . . .	96
INDEX . . . . .	101

## PREFACE

During the hot weather old housekeepers frequently become embarrassed over the arrangement of seasonable dishes.

The Author, feeling this difficulty, sends this little directory as a helpmate to her fellow housewives.

SARAH T. RORER

## VEGETABLES

### FRENCH OR GLOBE ARTICHOKE

This artichoke is a plant resembling a thistle, with a large scaly head like the cone of a pine. The receptacle underneath and the lower part of the leaves composing the head are the edible parts. It is an excellent and delicate vegetable.

Strip off the coarse outer leaves and cut the stalks off about an inch from the bottom, wash well in plenty of cold water, then throw them in boiling water, add a teaspoonful of salt and *boil* slowly until the outer leaves are very tender, and can be pulled out easily ; take them from the fire and stand carefully upside down in a flat colander or plate to drain. When ready to serve, arrange them in a circle upon a hot dish, the tops up, and pour over them sauce Hollandaise, or the artichokes may be served undressed, and the sauce served in individual dishes, thus allowing each one to dip the leaves of the artichoke into the sauce before eating.

### JERUSALEM ARTICHOKE

This artichoke is a species of sunflower, being a tuber, like a potato. Wash well in cold water, throw them into clean

cold water and soak two hours. Scrape off the skin, holding the artichoke as much under water as possible to prevent it from getting dark, throwing each one as soon as finished into a bowl of clean cold water. Drain and cover with boiling water, add a teaspoonful of salt, and *boil* until tender, about fifteen minutes. Watch closely or they will harden again. Drain and serve with Cream Sauce.

#### PICKLED JERUSALEM ARTICHOKEs

Boil the artichokes as directed in preceding recipe, drain and place them in a stone jar. To each quart of artichokes allow one pint of cider vinegar, one bay leaf, one slice of onion, four whole cloves and a blade of mace. Put the vinegar in a porcelain-lined kettle, add all the other ingredients, stand over a moderate fire, and bring slowly to boiling point, then pour this over the artichokes and stand away to cool.

They will be ready for use in twenty-four hours, and will keep nicely for two weeks.

#### LYONNAISE ARTICHOKEs

Boil, drain and slice one pint of artichokes. Put two ounces of butter in a frying pan, slice into it one small onion, then add the artichokes and fry until a golden brown, stirring carefully. When done skim them carefully from the butter, place in a hot dish, sprinkle with salt, pepper and chopped parsley.

Serve immediately.

#### SCALLOPED ARTICHOKEs

Boil one quart of artichokes as directed. Drain and cut into slices. Make one pint of Cream Sauce. Put a layer of this sauce in the bottom of a baking dish, then a layer of

artichokes, sprinkle lightly with salt and pepper, then another layer of sauce, and so on until all is used. Sprinkle the top over lightly with stale bread crumbs and stand in a quick oven about fifteen minutes, to brown.

Serve in the dish in which they were baked.

#### BOILED ASPARAGUS No. 1

Cut off the tough white ends, and wash the asparagus carefully in cold water. Scrape the white part which remains, and throw into cold water until all is finished. Tie in small bundles, put in boiling water, and *boil* for twenty minutes; then add a teaspoonful of salt, and boil ten minutes longer. While the asparagus is boiling, toast squares of bread, butter while hot and lay on a heated platter. Lift the asparagus carefully from the water; drain, and place on the toast with the heads all one way. Cut the strings and carefully remove them, and stand the dish where the contents will keep warm. Put a tablespoonful of butter in a frying pan to melt, add to it one tablespoonful of flour, mix until smooth, and then add a half pint of the water in which the asparagus was boiled, stir continually until it boils, add a half teaspoonful of salt, two dashes of black pepper and one ounce of butter, take it from the fire and stir until the butter melts; pour over the asparagus and serve.

#### BOILED ASPARAGUS No. 2

Wash and boil the asparagus as directed in the preceding recipe. When done, drain and serve on a folded napkin. Sauce Hollandaise should be served with it.

#### RAGOUT OF ASPARAGUS

Clean and boil one bunch of asparagus, and then cut into pieces one and a half inches long. Cut one head of lettuce and one onion into small pieces. Put two ounces of

butter in a stewing-pan and when melted put in the asparagus, onion and lettuce, shake occasionally and fry ten minutes, then sprinkle over it one tablespoonful of flour, stir and mix carefully without breaking the asparagus, then add a half pint of stock, and stir carefully until it boils, add a teaspoonful of salt, two dashes of black pepper and serve in a heated dish with squares of toast.

### STEWED ASPARAGUS

Wash the asparagus well in cold water, cut into pieces about an inch long, rejecting all the tougher parts. Put it in a kettle, cover with boiling water, boil twenty minutes, add a teaspoonful of salt, and boil ten minutes longer; then drain in a colander, turn it carefully into a saucepan, add a half pint of cream, a tablespoonful of butter, and salt and pepper to taste; let it boil up once and serve.

### ASPARAGUS IN AMBUSH

1 quart of asparagus tops    9 stale breakfast rolls  
1 pint of milk                    4 eggs  
1 large tablespoonful of butter  
Salt and black pepper to taste

Wash the asparagus tops, boil fifteen minutes, and drain them in a colander. Cut the tops off the rolls, and take out the crumb, then set them open in the oven to dry, laying each top by the roll from which it was taken. Put the milk on to boil in a farina boiler. Beat the eggs until light, then stir them in the boiling milk, and stir until it begins to thicken; add the butter, salt and pepper, and take from the fire. Chop the asparagus tops, then add them to the milk. Take the rolls from the oven, fill them with this mixture, put on the tops, and serve hot. These are delicious.



**FRIED ASPARAGUS**

Wash and scrape the asparagus, cover with boiling water and let it stand five minutes; drain and dry on a soft towel. Sprinkle well with salt and pepper. Beat an egg until very light, add to it a half cup of milk and sufficient flour to make a thin batter, add a half teaspoonful of salt, and beat the batter until smooth. Dip the asparagus one piece at a time into this batter, and drop at once into hot fat, and fry until a golden brown. When done, drain on brown paper and serve hot.

**SCALLOPED ASPARAGUS**

Wash and scrape the asparagus and cut into pieces a half inch in length, throw into boiling salted water, and boil rapidly twenty minutes. Drain, saving the water in which it was boiled. To each pint of the asparagus pieces allow:

1 tablespoonful of butter	1 tablespoonful of flour
1 gill of the asparagus water	1 gill of thick cream
$\frac{1}{2}$ teaspoonful of salt	A dash of pepper

Put the butter in a frying pan to melt; do not brown; add the flour, rub until smooth, then add the cream and asparagus water, stir continually until it boils, take from the fire and add the salt and pepper. Put a layer of the asparagus in the bottom of a baking dish, then a layer of the sauce, then another layer of the asparagus, and another of sauce, and so continue having the last layer sauce. Sprinkle the top lightly with stale bread crumbs, and stand in a very quick oven for a few moments to brown.

**LIMA BEANS**

Cover the beans with freshly boiled soft water, and boil thirty minutes, drain, add salt, pepper and butter, or to every pint of beans a quarter cup of boiling cream.

A sprig of mint may be boiled with the beans and removed before serving.

### STRING OR BUTTER BEANS

Break the blossom end of the bean and pull it back to remove the string. Then pare a thin strip from the other end of the pod. In this way only are you sure that every string is removed. Cut the beans into pieces an inch long, and lay them in clear, cold water for thirty minutes. Drain, put them into a saucepan, cover with boiling water and *boil* one hour, adding one teaspoonful of salt when they are half done. When done, drain; stir into them one tablespoonful of butter, salt and pepper to taste.

A half pound of salt pork or ham may be boiled with the beans to give them flavor.

### STEWED KIDNEY BEANS

Cook one quart of kidney beans the same as lima beans. When done, drain. Put two ounces of butter in a saucepan, and place it on the fire to melt, when melted add a tablespoonful of chopped parsley and the beans, stir and cook five minutes, then add a gill of stock, a half teaspoonful of salt, and a dash of black pepper; *simmer* twenty minutes, take from the fire and stir in the well beaten yolks of two eggs and the juice of half a lemon, and serve,

### BOILED BEETS

Wash carefully but do not cut or scrape them. If the skin is broken before cooking they lose their flavor and color in the boiling water. Throw them into boiling water and boil one hour. When done, drain and quickly rub off the

skins. Cut them in slices, dust with salt and pepper, pour over them a tablespoonful of melted butter and serve.

Cold ones left over may be used in salad.

### BROCCOLI

Pick off all the leaves and cut the stalk close to the bottom of the bunch. Lay in cold water a half-hour. When ready to cook wrap carefully in a piece of cheese cloth, put into a kettle of salted boiling water and *boil* twenty minutes. When done lift out carefully, untie the cheese cloth and stand the broccoli in a round dish, pour around it a half-pint of Cream Sauce and serve at once.

### CABBAGE à la CRÈME

Cut a young tender head of cabbage in halves, soak in cold water one hour, then drain, and shake dry. Remove the stalk and core and chop the remainder rather fine. Put it in a saucepan, cover with boiling water and *boil* twenty minutes. Drain in a colander. Put two ounces of butter in a saucepan, place it over a good fire, add the cabbage, a teaspoonful of salt, a quarter teaspoonful of black pepper, sprinkle over it a tablespoonful of flour, add a half-pint of cream or good milk; keep stirring with a wooden spoon during the whole process. As soon as the whole comes to a boil it is ready to serve.

### KOHL-RABI

Kohl-rabi or kale-turnip, is a cultivated variety of kale or cabbage, distinguished by the swelling of the stem, just above the ground, in a turnip form, to the size of a man's fist; the larger leaf stalks springing from the swollen part. This swollen part is used for food. It may be boiled and

served with melted butter, but is better served uncooked in slices or fancy shapes, as an accompaniment to cold meat dishes,

### **BOILED CAULIFLOWER**

Pick off the outer leaves, and cut off the stem close to the bottom of the flowerets. Wash well in cold water, then place it top downward in a pan of clear, cold water to soak for one hour. Tie it in a piece of cheese cloth, stand in a kettle of boiling water stem downward, add a teaspoonful of salt, cover the kettle, and boil thirty minutes or until the cauliflower is tender. When done lift it carefully from the water, undo the cloth, and stand the cauliflower in a round shallow dish, stem downwards, pour over it Cream Sauce, and serve.

### **STEWED CAULIFLOWER**

Choose those that are close, fine and white. Pick off the outer leaves and break the flowerets apart. Soak in cold water a half hour. Put them in a piece of cheese cloth, and then into a kettle of boiling water, add a teaspoonful of salt, and boil for twenty minutes. When done lift them out carefully without breaking, and lay in a colander to drain. Toast squares of bread, butter them while hot, arrange the cauliflower neatly on them and serve with Cream or sauce Hollandaise.

### **CAULIFLOWER WITH CHEESE**

Boil the cauliflower as directed in recipe for Boiled Cauliflower. Make a half pint of Cream Sauce, add to it four tablespoonfuls of grated cheese (Parmesan the best), pour this over the cauliflower and serve.

**CORN BOILED ON THE COB**

Corn should be cooked as quickly as possible after it is picked, or it heats, thereby losing its sweetness. If necessary to keep it over night, spread it out singly on the cold cellar floor. When ready to cook remove the husks and every thread of silk. Have ready a kettle of freshly boiled water, throw in the corn and boil, after it begins to boil, five minutes, take out, place in a cloth and then on a platter and serve immediately.

**CORN BOILED IN THE HUSKS**

Remove the green outside husks; strip down the inner husks and carefully remove the silk from the corn. Then replace the light husks and tie them at the upper end of the ear. Have ready a kettle of fresh boiling water, throw the corn into it, and boil, after it begins to boil, five minutes.

Serve at once in a corn cloth.

**COLD CORN**

Cold corn left from dinner may be cut from the cob, covered with milk, and stewed five minutes. Season with a bit of butter, salt and pepper.

**ROASTED CORN**

Husk the corn and carefully remove the silk. Brush each ear with melted butter, and dust with salt and pepper. Line a baking dish with paper, place the ears on it, and put in a very quick oven ten or fifteen minutes to brown.

Serve on a napkin.

**STEWED CORN**

Remove the husks and silk from a dozen ears of corn. Score the corn down the centre of each row of grains,

then with the back of the knife press out the pulp. When all are cut and pressed, put the corn into a double boiler, add a quarter cup of milk, one tablespoonful or one ounce of butter, salt and pepper to taste. Cook, stirring occasionally, for ten minutes.

Serve in a heated dish.

### CORN FRITTERS

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 dozen ears of corn           | $\frac{1}{2}$ pint of milk        |
| 2 eggs                         | 1 cup of flour                    |
| 1 teaspoonful of baking powder | $\frac{1}{2}$ teaspoonful of salt |
|                                | 2 dashes of black pepper          |

Score the corn down the centre of each row of grains, then with the back of the knife press out the pulp, leaving the hull on the cob. Do not grate the corn, as in that way you get the hull. To this pulp add the milk, the yolks of the eggs, salt, pepper and flour; beat well. Beat the whites of the eggs to a stiff froth, and stir them and the baking powder carefully into the mixture. Put lard or dripping into a frying pan; when hot, drop the mixture by spoonfuls into the fat. When brown on one side, turn and brown the other. Take out with a skimmer (do not pierce them with a fork, as it makes them heavy), drain on brown paper and serve very hot.

### CORN OMELET

- |                       |                                     |
|-----------------------|-------------------------------------|
| 1 pint of grated corn | 5 eggs                              |
| 1 gill of cream       | 1 teaspoonful of salt               |
|                       | $\frac{1}{4}$ teaspoonful of pepper |

Throw the corn into a kettle of boiling water, cook five minutes, take out, score and press as directed in preceding recipes. Separate the eggs, beat the yolks until light, add to them the cream, and then add gradually to the corn,

mixing carefully. Add the salt and pepper. Whisk the whites to a very stiff froth, stir them carefully into the corn. Put a tablespoonful of butter into a frying pan, and when very hot, turn in one half the mixture. Cook quickly, watching and shaking until the omelet is set. Turn on a heated dish and serve at once. Fry the remaining half in the same way.

### CORN OYSTERS

Score and press the corn as directed in preceding recipe, and to every pint of pulp allow

2 eggs	2 heaping tablespoonfuls
$\frac{1}{2}$ teaspoonful of salt	of flour
1 dash of cayenne	1 dash of black pepper

Beat the eggs separately; add first the yolks and then the whites to the corn, mix gently, add the salt, cayenne, pepper and flour; mix again. Put two tablespoonfuls of lard or butter in a frying pan; when hot, drop the mixture by spoonfuls into it; when brown on one side, turn and brown the other. Serve very hot.

### CORN PUDDING

1 dozen large ears of young corn	1 pint of milk
4 eggs	1 teaspoonful of salt
$\frac{1}{4}$ teaspoonful of black pepper	

Score the corn down the centre of each row of grains, then with the back of the knife press out all the pulp, leaving the hull on the cob. Beat the whites and yolks of the eggs separately, add the yolks to the corn, mix thoroughly; then add the salt, pepper and milk, and stir in carefully the whites of the eggs. Brush a pudding dish lightly with butter, and pour in the mixture. Bake slowly one hour. Serve as an accompaniment to roast beef or lamb.

**SUCCOTASH**

- 1 pint of young lima or kidney beans
- 1 pint of corn pressed from the cob
- $\frac{1}{2}$  pint of milk or cream
- 1 tablespoonful of butter
- Salt and pepper to taste

Shell the beans, cover them with boiling water, add a teaspoonful of salt, and boil twenty-five minutes; then add an eighth teaspoonful of baking soda, boil one minute, and drain. Score the corn and press it from the cob, add it to the beans, then add the milk, butter, salt and pepper, stir *continually* over the fire for five minutes, and it is ready to serve.

In winter, when the corn and beans are dried, soak both separately over night. In the morning, cover the beans with fresh water, and boil gently for two hours. Do not drain the water from the corn, but keep it on the back part of the fire where it will not boil during the two hours the beans are boiling. When the beans are tender, drain them, add them to the corn, which should have just water enough to cover. Cook slowly for twenty minutes, then add the cream, butter, salt and pepper.

**FRIED CUCUMBERS**

Pare the cucumbers, cut them into slices about one-sixteenth of an inch thick, season them with salt and pepper, dip them first in egg and then in bread crumbs. Put two tablespoonfuls of lard or dripping into a frying pan; when hot, put in a few slices of the cucumbers; when brown and crisp on one side, turn and brown the other. Take out carefully, drain on brown paper, and serve very hot.

**CUCUMBERS FRIED IN BATTER**

Pare three cucumbers, cut them in slices about one-sixteenth of an inch thick, dredge them with salt and pepper, and let



them lie fifteen minutes. Beat one egg (the white and yolk together) until light; add to it a half pint of milk, a half-teaspoonful of salt, two dashes of black pepper and a cup and a half of sifted flour; beat until smooth. Dip the pieces of cucumbers into this batter, and fry in *smoking* hot fat or oil. The fat must be deep enough to float them. When done, take them out with a skimmer (piercing them with a fork will make them fall), drain them on brown paper, and serve very hot.

#### STEWED CUCUMBERS No. 1

6 cucumbers	1 small onion
1 tablespoonful of butter	1 tablespoonful of flour
$\frac{1}{2}$ pint of stock or water	Salt and pepper to taste

Pare the cucumbers, cut them in quarters, remove the seeds. Put the butter into a frying pan, add to it the onion cut in slices, fry until brown, then add the cucumbers, and fry carefully until a light brown; take them out with a slice, add the flour to the butter remaining in the pan, mix until smooth; add the stock, stir *continually* until it boils, add the salt and pepper, then the cucumbers, and stew gently for twenty minutes. Serve on squares of toasted bread.

#### STEWED CUCUMBERS No. 2

6 cucumbers	2 tablespoonfuls of butter
1 tablespoonful of flour	$\frac{1}{2}$ pint of boiling water
Salt and pepper to taste	

Pare the cucumbers, cut them in quarters, remove the seeds, and soak in cold water for a half hour. Then put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil until tender (about thirty minutes). When done, drain, turn them carefully into a vegetable dish, pour over them drawn butter, and serve.

**STUFFED CUCUMBERS**

Wash a half dozen large cucumbers, split them lengthwise, and with a teaspoon carefully scoop out the seeds. Mix one cup of bread crumbs with a tablespoonful of melted butter, and season highly with salt and cayenne. Fill the cucumbers with this mixture, place the two halves together, fasten them with small wooden tooth picks, or they may be tied with twine, place them in a baking pan and bake in a moderate oven a half hour. Serve with English Drawn Butter Sauce.

**SOUR OR NARROW DOCK**

This is a common weed in our rich ground and pastures. The leaves are long, narrow, and curly, and are supposed to possess an alterative quality, forming an excellent green for hot weather.

Wash the leaves, throw into a kettle of boiling salted water; boil rapidly for fifteen minutes. Drain, chop fine, and serve hot, with Egg Sauce.

**BAKED EGG-PLANT**

Wash the egg-plant, put it in a kettle, cover with boiling water, and boil until tender (about a half hour), then take it out carefully, cut it in halves, and scoop out the soft portion, leaving the skin unbroken. Mash the egg-plant fine, add to it a large tablespoonful of butter, salt and pepper to taste. Mix well, and put back into the skin. Sprinkle the top lightly with bread crumbs, and put in the oven to brown.

**FRIED EGG-PLANT    No. 1**

Pare the egg-plant, and cut in very thin slices. Sprinkle each slice with salt and pepper, pile them evenly, put a tin

plate over them, and on this stand a flat-iron to press out the juice. Let stand one hour. Beat an egg lightly, and add to it a tablespoonful of boiling water, dip each slice first in this and then in bread crumbs. Put three tablespoonfuls of lard or dripping in a frying pan; when hot, sauté the slices, a few at a time, brown one side, then turn and brown the other. As the fat is consumed, add more, waiting each time for it to heat before putting in the egg-plant. Drain on brown paper, and serve very hot.

Tomato catsup should be served with it.

#### **FRIED EGG-PLANT    No. 2**

Pare the egg-plant, and cut it in slices about a quarter of an inch thick, sprinkle with salt and pepper, dredge thickly with flour, and sauté as directed in preceding recipe.

#### **EGG-PLANT FRIED IN BATTER**

Egg-plant may be fried precisely the same as cucumbers in batter.

#### **EGG-PLANT OYSTERS**

Wash a medium sized egg-plant, throw into a kettle of boiling water, and boil until tender, but not broken. When done, take out the inside, mash, season highly with salt, pepper and butter. Beat the yolks of three eggs until light, stir them into the mixture, add sufficient bread crumbs (about one cup) to slightly thicken. Fry the same as Corn Oysters. Serve very hot for breakfast.

#### **STUFFED EGG-PLANT**

Cut a medium sized egg-plant into halves. With a knife scoop out the centre of each, leaving a wall with the skin about three-quarters of an inch in thickness. Chop that

portion taken from the centre into dice. Peel and cut three good sized tomatoes into dice, and mix with the egg-plant, add two ounces of butter cut into small pieces, a heaping teaspoonful of salt, a quarter teaspoonful of grated nutmeg, a half teaspoonful of pepper and a teaspoonful of chopped onion. Mix all well together and put into the shells. Sprinkle over with bread crumbs, and bake in a moderate oven thirty or forty minutes.

#### DUTCHED LETTUCE

Wash carefully two heads of lettuce, separate the leaves, and tear each leaf in two or three pieces. Cut a quarter pound of ham or bacon into dice, and fry until brown; while hot, add two tablespoonfuls of vinegar. Beat one egg until light, add to it two tablespoonfuls of sour cream, then add it to the ham, stir over the fire one minute until it thickens, and pour, boiling hot, over the lettuce; mix carefully with a fork, and serve immediately.

#### BOILED LEEKS

Wash the leeks and tie into bunches of three or four. Trim the tops perfectly even. Have ready a kettle of boiling salted water, put in the leeks and boil rapidly twenty minutes. Drain carefully without breaking. Serve on toast with Drawn Butter the same as asparagus.

#### BOILED OKRA

- 1 quart of young white okra
- 1 tablespoonful of butter
- 1 tablespoonful of vinegar
- Salt and pepper to taste

Wash the okra well in cold water, put into a porcelain lined or granite kettle (an iron kettle discolors the okra) with a

half pint of water and a teaspoonful of salt. Cover the kettle and *simmer* gently thirty minutes; then add the butter, vinegar and pepper, and more salt if necessary, boil up once, and serve.

#### STEWED OKRA WITH RICE

1 quart of okra	1 cup of rice
$\frac{1}{2}$ pound of ham	1 onion
1 red pepper	1 tablespoonful of powdered
1 pint of white stock	dry sassafras leaves
1 pint of tomatoes	

Wash the okra, and cut in thin slices. Cut the ham into dice and fry it until brown. Peel and cut the tomatoes, put them into a porcelain lined or granite kettle with the okra, ham, stock, the pepper cut in small pieces, and onion cut in slices; cover the kettle, and *simmer* gently for a half hour. While this cooks, wash and boil the rice. When the okra is done, add the salt, pepper and sassafras leaves (called *filée*), let it boil up once, and serve with the rice around the dish.

#### OKRA STEWED WITH TOMATOES

1 quart of okra	1 pint of tomatoes
1 tablespoonful of butter	Salt and pepper to taste

Wash the okra, and cut in thin slices. Peel the tomatoes, and cut in slices. Put both in a porcelain lined or granite kettle, add one teaspoonful of salt, cover the kettle, and *simmer* gently for a half hour; then add the butter and pepper, and more salt if necessary.

#### GREEN PEAS

Fresh peas should not be shelled until just before the time of cooking; then wash them quickly in cold water, drain, throw into a kettle of boiling water, add a teaspoonful of

salt to harden the water. This will prevent the skins from cracking. Boil rapidly from ten to twenty minutes. After they have been boiling ten minutes, take out one or two and press with a fork; if they mash easily they are done. Drain, turn into a hot dish, add a lump of butter the size of a walnut, and serve.

The great point in cooking peas is to have plenty of water, boil rapidly and drain as *soon* as they are done. Peas cooked in this way will retain their color and sweetness.

#### **RADISHES (Blot)**

Cut off the roots close to the radish. Cut off the tops about an inch from the radish. Wash clean in cold water. Take the radish with the left hand, holding it by the top; cut the skin from the top downwards, in several parts, like you cut an orange to remove the skin, without detaching it. Do the same carefully with the body of the radish, and it will look more like a rose than a radish. After having prepared two or three it will be comparatively easy. The centre leaves must be eaten as well as the body of the radish; they contain a substance that helps the digestion of the radish itself.

#### **SUMMER SQUASH (BOILED)**

Pare and cut in slices three summer squashes, remove the seeds, and cut the slices in squares. Put them into a saucepan, cover with boiling water, add a teaspoonful of salt, and boil twenty minutes. When done, drain in a colander and press gently; then mash fine, turn into a strainer cloth, and squeeze until the squash is dry. Now put into a small saucepan a tablespoonful of butter and the squash, add salt and pepper to taste, stir until thoroughly heated, and serve.

**SUMMER SQUASH (FRIED)**

Pare, and cut into slices, dust with salt and pepper, dip first in egg and then in bread crumbs and fry in *smoking* hot fat. Serve the same as Fried Egg-Plant.

**SUMMER SQUASH (STEWED)**

Pare, and cut in strips or eighths, throw into a kettle of boiling salted water and boil rapidly for twenty minutes; drain, lift carefully, without breaking, on to a heated dish, and pour over it Cream Sauce.

**SUMMER SQUASH (STUFFED)**

Prepare and cook precisely the same as Stuffed Egg-Plant.

**BAKED TOMATOES No. 1**

Choose six large, smooth tomatoes. Cut a slice off the stem ends, and with your finger carefully scoop out the seeds. Mix together a half cup of finely chopped, cold, boiled ham, twelve chopped mushrooms, two heaping tablespoonfuls of stale bread crumbs, a tablespoonful of chopped parsley, a half teaspoonful of salt, a dash of cayenne, and a tablespoonful of melted butter. Fill the tomatoes with this mixture, heaping it in the centre; sprinkle over the tops with bread crumbs; place the tomatoes in a granite baking pan, baste with melted butter, and bake in a hot oven thirty minutes. When done, take them up carefully with a cake turner, and serve

**BAKED TOMATOES No. 2**

Take one quart of fresh, round, ripe tomatoes, put into a deep dish and season with salt and pepper. Bake in a quick oven thirty minutes. When done, lift carefully with a cake turner and place on a heated dish. Serve very hot.

**BROILED TOMATOES**

Choose large, firm tomatoes, cut them in halves, but do not peel them. Then place them in a broiler, dust with salt and pepper, and broil over a clear but moderate fire, skin side down, until tender (about twenty minutes). When done, lift them carefully to a heated plate, pour melted butter over them, and serve.

Or, toast slices of bread a nice brown, butter and lay on them the broiled tomatoes. Pour around Cream Sauce, and serve.

**TOMATO FARCI**

Put a layer of tomatoes in the bottom of a baking dish, then a layer of bread crumbs, then a sprinkling of salt and pepper, then another layer of tomatoes, and so continue until the dish is full, having the last layer crumbs. Put a few bits of butter over the top and bake in a quick oven twenty minutes. Serve in the dish in which it was baked.

**FRIED TOMATOES No. 1**

Wash and cut into halves six nice, smooth tomatoes. Place in a granite baking pan with the skin side down. Cut a quarter pound of butter in small pieces and place over the tomatoes, dust with salt and pepper, and stand over a moderate fire to fry slowly. When the tomatoes are tender, take them up carefully with a cake turner and slide them on a heated dish. Draw the baking pan over a quick fire, stir until the butter is a nice brown; then add two tablespoonfuls of flour; mix until smooth, add a pint of milk or cream, stir *continually* until it boils, season with salt and pepper to taste, pour over the tomatoes, and serve.



**FRIED TOMATOES      No. 2**

Cut smooth, solid tomatoes into slices about an eighth of an inch in thickness, dry each slice carefully with a soft towel, then dust with salt and pepper. Beat an egg in a saucer until light, add to it a tablespoonful of boiling water. Dip each slice first in this and then in bread crumbs. Put two or three tablespoonfuls of lard or dripping in a frying pan; when very hot, cover the bottom of the pan with the slices of tomatoes; fry brown on one side, then turn and brown the other. Take them up carefully with a cake turner, place on a heated dish, and serve.

Yellow tomatoes are especially nice done in this way.

**FRIED GREEN TOMATOES**

Wash and cut the tomatoes into slices about an eighth of an inch in thickness, dry each slice carefully with a soft towel, then dust with salt and pepper. Beat an egg in a saucer until light, add to it a tablespoonful of boiling water. Dip each slice first in this and then in bread crumbs. Put two or three tablespoonfuls of lard or dripping in a frying pan; when very hot, cover the bottom of the pan with the slices of tomatoes; fry brown on one side, then turn and brown the other. Take them up carefully with a cake turner, place on a heated dish and pour over them Sauce Hollandaise. Very good.

**STEWED TOMATOES**

Pour boiling water over them, with a sharp knife remove the skins and the hard stem ends, and cut them in small pieces. Stew in a porcelain lined or granite saucepan for a half hour, then add to every quart of tomatoes, a tablespoonful of butter, a teaspoonful of sugar, salt and pepper

to taste. Stew fifteen or twenty minutes longer, or until they are of the desired thickness.

Some prefer the tomatoes stewed only thirty minutes and thickened with bread crumbs.

A slice of onion may be added to the tomatoes when first put on to cook, and to me is a great improvement, filling the same place that the sprig of mint does in peas or beans.

### **STUFFED TOMATOES**

Choose large, smooth tomatoes. Cut a slice off the stem ends, and with your finger carefully scoop out the seeds. Put one cup of stale bread crumbs into a bowl, add to them a teaspoonful of chopped onion, a half teaspoonful of salt, a dash of cayenne, and moisten with a tablespoonful of melted butter. Fill the tomatoes with this stuffing, heaping it in the centre. Place the tomatoes in a granite baking pan, and bake in a quick oven thirty minutes. When done, take them up carefully with a cake turner, place on a heated dish, and serve.

This stuffing will fill six tomatoes.

## SALADS

To preserve the crispness and flavor of green vegetables for salads, throw them in ice water for an hour, then dry carefully on a soft towel, being careful not to bruise them, and then put in a cold place until wanted. Never mix *any* salad with the dressing until you are ready to serve it. Use the coldest of dishes to serve it on, and, if garnished properly, it is one of the most attractive and wholesome dishes on the table.

### MAYONNAISE DRESSING

Put the uncooked yolks of two eggs into a clean, cold soup-dish, stand on the ice for fifteen minutes. Place the oil also on the ice. When both are perfectly cold, add to the yolks a half teaspoonful of salt, a dash of cayenne, and if you like a half teaspoonful of mustard. Work these well together, and then add, drop by drop, a half pint or more of good olive oil. You must stir rapidly and steadily while adding the oil. Do not reverse the motion or it may curdle. After adding one gill of oil, alternate occasionally with a few drops of lemon juice or vinegar. The more oil you use the thicker the dressing. If it becomes too thick, add about a half teaspoonful of vinegar. More or less oil may be added, according to the quantity of dressing

wanted. With care a quart bottle of oil may be stirred into the yolks of two eggs, alternating with a few drops of lemon juice or vinegar, after adding the first gill of oil. In case the dressing should curdle, *i. e.*, the oil and egg separate, which makes the dressing oily and liquid, begin anew at once with the yolks of two eggs on another plate, and after stirring them well, add by teaspoonfuls the curdled mayonnaise, stirring rapidly and steadily as before, and then finish by adding more oil as directed.

This dressing, if covered tightly in a jar or tumbler, will keep in a cold place three or four days.

It may be varied and improved by adding plain or tarragon vinegar, whipped cream, a half teaspoonful of powdered coriander seed, cervil, or onion juice.

#### FRENCH DRESSING

- 1 tablespoonful of vinegar
- 3 tablespoonfuls of olive oil
- $\frac{1}{2}$  teaspoonful of salt
- $\frac{1}{4}$  teaspoonful of black pepper

Put the salt and pepper in a bowl, add gradually the oil, rub and mix until the salt is thoroughly dissolved; then add by degrees the vinegar, stir continually for one minute, and it is ready to use.

Tarragon vinegar may be used for this dressing instead of plain vinegar.

#### SALAD DRESSING WITHOUT OIL

- $\frac{1}{2}$  pint of milk
- 2 even tablespoonfuls of corn-
- Yolks of three eggs
- starch
- Butter the size of a walnut
- 2 tablespoonfuls of vinegar
- 1 teaspoonful of salt
- 1 saltspoonful of black pepper

Put the milk on to boil. Moisten the corn starch with a very little cold milk, add to the boiling milk, and stir con-

tinually until it boils and thickens; then add the yolks of the eggs well beaten, cook one minute, take from the fire, add the salt, pepper, butter and vinegar, stand away until cold, and it is ready to use.

#### CREAM SALAD DRESSING

Yolks of three hard boiled eggs  
1 tablespoonful of melted butter  
Yolk of one raw egg  
2 tablespoonfuls of vinegar  
1 gill of thick cream  
 $\frac{1}{2}$  teaspoonful of salt  
 $\frac{1}{4}$  teaspoonful of black pepper

Mash the hard boiled yolks until fine, then add the raw yolk and work with an elastic bladed knife to a perfectly smooth paste; then add the salt, pepper and melted butter, then by degrees the cream, working and stirring all the while, now add the vinegar, mix well, and it is finished.

#### MAYONNAISE OF SWEETBREADS

Clean and parboil one pair of sweetbreads, then throw them into cold water for a half hour. Remove the fat and skin, and cover them with fresh boiling water; add a teaspoonful of salt and *simmer* gently for twenty minutes. When done, stand away to cool. When cold, cut into thin slices. Wash and dry the tender leaves from one head of lettuce. Rub the bottom of a soup dish with onion and make in it nearly a half pint of mayonnaise. Place a thin slice of onion in the centre of your salad dish, arrange the lettuce leaves around it; mix the sweetbreads carefully with the mayonnaise, and put in the centre of the dish. Serve.

This is a delicious salad, and if prepared as directed will have only the faintest suspicion of onion.

Tarragon vinegar added to the mayonnaise is a great improvement.

### CRAB SALAD

- 1 dozen crabs
- $\frac{1}{2}$  pint of mayonnaise
- 2 heads of lettuce

Put the crabs in warm water, add a tablespoonful of salt, stand the kettle over a brisk fire and boil thirty minutes. Take out to cool. When cold pick out the meat and put it away until wanted. Wash and dry the lettuce carefully and make the mayonnaise. Stand all away on the ice until wanted. When ready to serve, mix the crab meat and mayonnaise lightly together. Garnish the dish with the lettuce leaves, place the mixture in the centre, and serve.

Or, this salad may be served in the back shell of the crabs, garnished with the lettuce leaves.

### FISH SALAD

Cold boiled or baked fish may be made into salad, allowing one head of lettuce and a half pint of mayonnaise to every pint of the picked fish.

### LOBSTER SALAD

- 2 lobsters (weighing four or five pounds)
- The tender leaves from two heads of lettuce
- $\frac{1}{2}$  pint of mayonnaise

Boil the lobsters as directed for Boiled Lobster. When cold, take out the meat, being careful not to break the body or tail shells, and rejecting the stomach, the vein running along the back of the tail, and the spongy fingers on the outside of the body. Cut the meat into dice with a silver knife, and stand it in a cold place until wanted. Make the mayonnaise. Clean the two tail shells,

and one back, in cold water, and with scissors, remove the thin shell from the under side of the tail. Wash and dry the lettuce leaves, put them around the salad dish in two or three layers. Join the shells together in the form of a boat, the body shell in the centre, place them in the salad dish. Mix the mayonnaise and lobster together, put it into this boat. If there is any coral, mash it fine and sprinkle it over the whole. Garnish with a chain of the whites of hard boiled eggs cut into slices and linked together. Serve immediately.

#### **SALAD OF ASPARAGUS TOPS**

1 pint of asparagus tops

The rule for French dressing

Boil the tops in salted boiling water for fifteen minutes, drain, throw into cold water, and let stand until ready to use. Then dry carefully with a soft napkin, put them into the salad dish, pour over the French dressing; let stand about ten minutes, and serve.

#### **BEET SALAD**

Slice, and cut into dice, sufficient cold, boiled beets to make one pint; heap them in the centre of a salad dish and cover with a half pint of sauce Tartare. Garnish with parsley, and serve very cold.

#### **SALAD OF STRING BEANS**

Trim one pint of very young beans, put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil thirty minutes. When done, drain and throw them into cold water until very cold, then dry them with a soft towel, cut each bean in four pieces lengthwise, arrange them neatly on a salad dish, cover them with French dressing, let stand one hour, and serve.

**CAULIFLOWER SALAD**

1 medium sized head of cauliflower  
 $\frac{1}{2}$  pint of mayonnaise

Boil the cauliflower as directed, throw into cold water until wanted, then pick it apart carefully, dry with a soft napkin, put in the salad dish, pour over the mayonnaise, let it stand fifteen minutes, and serve.

**CUCUMBER SALAD**

2 young cucumbers       $\frac{1}{4}$  teaspoonful of black pepper  
 $\frac{1}{2}$  teaspoonful of salt      4 tablespoonfuls of vinegar  
Pare and slice the cucumbers very thin, soak them in cold water one hour, then drain and dry. Put them in the salad bowl, sprinkle them with the salt and pepper, and pour over the vinegar. Serve immediately

**EGG SALAD**

Boil six eggs fifteen minutes ; while they are boiling, make a French dressing and add to it one tablespoonful of tarragon vinegar, one tablespoonful of onion juice and one tablespoonful of finely chopped parsley. When the eggs are done remove the shells, cut into slices, and arrange them on a salad dish so that one overlaps the other ; pour the dressing over while the eggs are still hot, stand away in a cold place for one or two hours, garnish with parsley, and serve.

**ITALIAN SALAD**

1 small head of cauliflower,       $\frac{1}{2}$  pint of asparagus tops  
boiled      1 dozen string beans  
2 new potatoes       $\frac{1}{2}$  pint green peas  
3 artichokes

Boil the vegetables as carefully as possible. Separate the cauliflower into flowerets, cut the potato into fancy shapes, and cut the artichokes and beans into small pieces. Have



ready, and cold, some aspic jelly. Pour a thin layer of the jelly in a plain mould, and stand it away to harden, then place vegetables cut into fancy and neat shapes, in the bottom of the mould, and down in the jelly; next garnish the side of the mould with the vegetables, dipped in a little of the jelly to make them stick. The mould should be placed in a pan of pounded ice. When ready to serve, fill the mould with the remainder of the vegetables. Wipe the outside of the mould with a warm towel, and turn it out onto its dish, and pour around a mayonnaise dressing seasoned with tarragon vinegar. Garnish with squares of aspic jelly.

#### LETTUCE SALAD

Choose the crisp centre leaves of the head lettuce. Wash them, if necessary, and dry thoroughly and carefully with a soft towel. Break or tear the leaves into convenient pieces with a silver fork. Cover with a French dressing, turn the whole upside down to mix it well, and serve *immediately*.

It is customary in this country to serve mayonnaise with lettuce salad, but after one has had a heavy dinner the simple French dressing is more refreshing.

The following may be made and served the same as lettuce salad :—

Water cress	Nasturtium blossoms
Sorrel	Peppergrass
Dandelions	Corn salad

#### POTATO SALAD

3 good sized potatoes	9 tablespoonfuls of olive oil
1 teaspoonful of salt	3 tablespoonfuls of vinegar
1 saltspoonful of black pepper	1 good sized onion
	3 or 4 sprigs of parsley

Pare and boil the potatoes. While they are boiling, prepare the dressing. Put the salt and pepper into a bowl, and

add gradually the oil ; stir until the salt is thoroughly dissolved ; add gradually the vinegar, stirring all the while. Chop the onion *very, very* fine. When the potatoes are done, cut them into thin slices, mix them carefully with the onion, then add the dressing, and turn them upside down without breaking the potatoes. Dish and stand away in a cold place for one or two hours. Sprinkle with the parsley chopped very fine. The dish may be garnished with parsley and pickled beets cut in fancy shapes.

#### TOMATO SALAD

6. tomatoes       $\frac{1}{2}$  cup of mayonnaise dressing

The crisp part of one head of lettuce

Peel the tomatoes without scalding, and put them on ice until they are *very, very* cold. Make the mayonnaise, and stand it on the ice until wanted. The lettuce may also be washed and dried. When ready to serve, cut the tomatoes in halves. Make twelve little nests with two or three salad leaves each, arrange uniformly on the dish, place half a tomato in each nest, put a tablespoonful of mayonnaise on each tomato, and serve immediately.

#### FRUIT SALAD DRESSING      No. 1

4 tablespoonfuls of sugar      1 gill of sherry

$\frac{1}{2}$  teaspoonful of cinnamon      2 tablespoonfuls of Madeira

Mix the sugar and cinnamon together, add the wine, and stir constantly until the sugar is dissolved.

#### FRUIT SALAD DRESSING      No. 2

4 tablespoonfuls of sugar

1 gill of sherry

1 tablespoonful of maraschino

2 tablespoonfuls of champagne

Mix all the ingredients together, and stir until the sugar is dissolved:

**APPLE SALAD**

6 apples  
4 tablespoonfuls of powdered sugar  
 $\frac{1}{4}$  teaspoonful of cinnamon  
1 gill of sherry

Pare, core and cut the apples into very thin slices. Put a layer of these slices in the bottom of a glass dish, sprinkle them with the sugar, and a little cinnamon, then another layer of apples, and so continue until all is used. Pour the wine over, and stand away in a cold place for one hour, and it is ready to use.

**APRICOT SALAD**

Pare, cut the apricots in halves, and remove the stones. Arrange the halves neatly in a bowl, with the stone sides up ; then pour over them Fruit Salad Dressing, No. 2, stand in a cold place one hour, and serve.

**BANANA SALAD**

Peel and cut six bananas into thin slices, then pour over them Fruit Salad Dressing, No. 2, stand in a cold place one hour, and serve.

**ORANGE SALAD**

Peel, cut six oranges into slices and remove the seeds, pour over them Fruit Salad Dressing, No. 2, stand away one or two hours, and serve.

Mandarins may be used in the same manner.

**PEACH SALAD**

Made precisely the same as Apricot Salad.

# FISH

## BAKED FISH

Choose a medium sized fish. Have it drawn from the gills without opening. Scrape free from all scales, wash, and wipe dry immediately. Sprinkle well with salt. Make a dressing from one cup of stale bread crumbs, one tablespoonful of melted butter, a half teaspoonful of salt, and a quarter teaspoonful of black pepper; mix well, and stuff the body of the fish. Fasten the gills to the fish with soft twine. Now score one side of the fish with a sharp knife, making the scores about an inch apart. Fill each score with a slice of salt pork. Grease a tin sheet if you have one, put the fish on it, dredge thickly with salt, pepper and flour, place the tin sheet in the bottom of a baking pan, add a half cup of water, place in a hot oven, and bake fifteen minutes to every pound of fish, basting with the gravy in the pan every ten minutes. As the water evaporates add a little more. When done lift the sheet from the pan, and slide carefully into the centre of the dish on which it is to be served. Garnish with slices of lemon, French fried potato balls and parsley. Serve with Sauce Hollandaise in a boat.

## BOILED FISH

Sheep's head, whitefish, flounders, in fact all large fish may be boiled according to the following recipe:—

(32)

Wash the fish well and quickly in cold water, wipe carefully and sprinkle thickly with salt, wrap in a piece of cheese cloth sufficiently large to envelop the fish. Sew the edges so that there will be but one thickness of cloth over any part of the fish. Lay in the bottom of a large saucepan, cover with boiling water, add a tablespoonful of salt, a slice of onion, a bay leaf, and a sprig of parsley. *Simmer* very gently ten minutes to each pound of fish, or if you have a fish kettle, simply place the fish on the perforated slide without wrapping in cloth. Take the fish from the water the moment it is done, drain, remove the cloth carefully, turn the fish onto the plate; garnish with slices of lemon and parsley. Serve with Sauce Hollandaise.

Cold boiled fish left over may be utilized in making salads, chops, or à la crèmes.

#### FRIED FISH

Perch, brook trout, catfish and all small fish are best fried.

Clean, wash quickly in cold water, and immediately wipe dry, sprinkle with salt and pepper, dip in beaten egg and then bread crumbs and fry in hot oil, if convenient, as it is much better than either dripping or lard. Never use butter as it is apt to burn and has a tendency to soften the fish. Be sure that the oil, lard, or dripping is very hot before putting in the fish. A crumb of bread thrown in, browning quickly, shows the fat is hot enough, and the fish will not absorb the grease.

#### FRIED WHITE FISH, ETC.

Bass, blue fish, porgies, flounders, weakfish and herring are all fried as follows:

Scale and wash the fish, trim off the fins, take out the gills and intestines. Wash again and dry immediately,

then dredge with salt, pepper and flour. Put four tablespoonfuls of lard or dripping in a large frying pan, when *hot* put the fish into it. Brown on one side, then turn and brown on the other. When done take out carefully, put on a hot dish, garnish with water cress and lemon, and serve.

### FISH À LA CRÈME

- |                          |                                 |
|--------------------------|---------------------------------|
| 1 pint of pieces of cold | 1 bay leaf                      |
| cooked fish              | Sprig of parsley                |
| Yolks of two eggs        | Small piece of onion            |
| 1 pint of milk           | 1 large tablespoonful of butter |
| 1 blade of mace          | 2 even tablespoonfuls of flour  |

Put the milk in a farina boiler, add to it the onion, mace, parsley and bay leaf, and let stand until boiling hot. Put the butter in a frying pan to melt without browning, add the flour, stir until thoroughly mixed, strain into it the milk, stir continually until it boils. Take from the fire, add a teaspoonful of salt, a quarter-teaspoonful of pepper, and the well beaten yolks, add the fish carefully and turn the whole into a baking-dish or into small individual dishes, sprinkle the top lightly with bread crumbs, and put in the oven a few moments to brown.

### FISH CUTLETS

- |                              |                              |
|------------------------------|------------------------------|
| 1 pint of cold cooked fish   | 3 large tablespoonfuls of    |
| Yolks of two eggs            | flour                        |
| ½ pint of cream or milk      | 1 tablespoonful of chopped   |
| 1 large tablespoonful of     | parsley                      |
| butter                       | 1 teaspoonful of onion juice |
| 1 teaspoonful of lemon juice | Salt and pepper to taste     |

Pick the fish into small pieces, sprinkle with the parsley, lemon and onion juice. Put the milk or cream in a double boiler. Rub the butter and flour to a smooth paste, and stir into the milk when boiling, stirring con-

stantly until very thick. Take from the fire, add the yolks, fish, salt and pepper, mix, and turn out to cool. When cold form into cutlets. Dip first in beaten egg, then in bread crumbs, and fry in sufficient hot fat to cover. Serve on a napkin garnished with cress and small button radishes.

#### **FILLETS OF FISH**

Cut any fish into slices about one inch thick, wash quickly, and wipe dry. Sprinkle a platter with chopped onion, lay the fillets on top of this, and dust with salt and pepper. Mix three tablespoonfuls of olive oil with one tablespoonful of vinegar, moisten the fish thoroughly with this, and stand aside one or two hours. When ready to cook dip the fillets first in egg, and then in bread crumbs, and fry in hot fat. Garnish with lettuce or cress and quarters of lemon.

#### **GRILLED SARDINES**

Lift the sardines carefully from the box, place them on a greased broiler, and broil quickly over a clear, moderate fire. Have ready toasted strips of bread, place one sardine on each strip, spread with butter, garnish the plate with cress. Serve immediately, with quarters of lemon.

#### **SCALLOPED FISH**

Remove the skin and bones from any cold fish, and then break it apart in little flakes. Crumb smoothly, some stale bread, and chop fine some parsley. Butter a baking dish, put in a layer of the fish, then a sprinkling of crumbs and parsley, dust with salt and pepper, and put little bits of butter all over it, now another layer of fish, and so continue until the dish is full, having the last layer crumbs. Now pour over it slowly and carefully, sufficient milk to moisten,

and stand aside for ten minutes. Bake in a quick oven until a nice brown.

### FISH en VINAIGRETTE

Boil the fish as directed, take from the fire and stand aside to cool. When cold, place it in the centre of a large dish. Chop fine the yolks of two hard boiled eggs, then chop the whites, also two tablespoonfuls of parsley. Put a string of the yolks on both sides of the fish, next to that a string of the whites, next a string of capers, and sprinkle over the whole the chopped parsley. Split a lemon in two lengthwise, then split again into quarters, then again into eighths and sixteenths, resembling the carpels of oranges. Place eight pieces on each side of the dish, next to the capers. Put a row of water-cress on the top of the fish, with a large bunch in its mouth. Serve with Bearnaise or Vinaigrette Sauce in a boat.

### PICKLED SALMON

A ten pound salmon	1 small red pepper
2 quarts of <i>good</i> cider vinegar	12 pepper-corns
4 blades of mace	2 tablespoonfuls of whole
12 whole cloves	mustard
1 small onion	2 tablespoonfuls of sugar
2 bay leaves	$\frac{1}{2}$ pint of boiling water

Clean the salmon and wash it well in cold water. Put it into a kettle, cover it with boiling water, add a tablespoonful of salt and boil fifteen minutes to every pound. If you have to cut your fish, boil only ten minutes to every pound. When done, drain, wipe dry and stand in a cold place over night. In the morning take off the skin and cut the flesh into nice convenient pieces. Put the vinegar and all the other ingredients into a porcelain kettle and bring them to a boil. Now drop the salmon carefully into this



and let all boil up once. Rinse six or seven air-tight glass jars with hot water, carefully take the salmon from the kettle with a spoon, drop it rapidly into a jar, until it will hold no more; now fill with the boiling liquor to the very brim, screw on the top and stand to one side. Proceed in this manner until all the jars are filled. Then wipe them off; see that they are all screwed up well. Stand in a *cool, dark, dry* place and it will keep good for a year.

#### PICKLED HALIBUT

Proceed in the same manner as for pickled salmon, using ten pounds of halibut in one piece instead of the salmon.

## SHELL FISH

### CLAMS

There are two varieties of clams, the small sand or little necks, and the mud clams or quahaugs. The first are very much the best, and are in season almost the whole year.

#### DEVILED CLAMS

25 nice clams	1 tablespoonful of chopped
$\frac{1}{2}$ pint of cream	parsley
1 tablespoonful of butter	Yolks of two eggs
2 tablespoonfuls of flour	Salt and cayenne to taste

Drain the clams and chop them middling fine and drain again. Put the milk on to boil. Rub the butter and flour together and stir into the milk when boiling; as soon as it thickens, take it from the fire and add all the other ingredients. Beat the yolks before adding them. Have the shells of the clams washed perfectly clean, fill them with this mixture, sprinkle lightly with bread crumbs, put them in a baking pan and brown in a quick oven for five minutes. Serve in the shells; garnish with parsley.

They may be cooked in silver scallop shells, but are much better done in their own shells, as there is a flavor imparted by the heated shell which greatly enriches the mixture. A word of caution: avoid long cooking, as it

makes them dry. If your oven will not brown them in five or six minutes, and you have no salamander, heat your fire shovel red hot. Take the shells from the oven, hold the shovel over them until they brown.

### FRIED CLAMS

For this use small sand clams. Drain them in a colander, and dry one by one, on an old napkin or soft linen. Do not lift them with a fork, but carefully with the fingers. Season on both sides with salt and cayenne. Beat up an egg in a saucer, add one tablespoonful of *boiling* water and half a teaspoonful of salt. Put some nice stale bread crumbs out on your baking board, and season with salt and cayenne. Dip the clams one by one, first in the bread crumbs, then in the egg, and then place again in the crumbs, covering every part most carefully, and pressing it lightly with the hand. Put a deep frying pan over the fire, with enough *oil* or lard to immerse the clams. Be sure the oil or lard is *smoking* hot (365° Fahr.); if you have no thermometer, drop in a crumb of bread, if it browns quickly, it is hot enough. Put in six clams, watch them carefully, as soon as they are of a golden brown, take them out with a skimmer, and drain on a soft piece of brown paper, and serve at once on a hot dish. Some kind of pickles should always be served with them, in a separate dish.

Clams are *very* much better fried in oil than lard or butter. They should never be fried until you are quite ready to eat them, as they are not good when kept warm, or warmed over. If you have a large quantity to fry, they may be dipped an hour or two before serving time, and spread on a clean cloth in a cool place. Always use bread crumbs in preference to cracker crumbs.

**CLAM FRITTERS**

25 clams	2 dashes of black pepper
2 eggs	2 cupfuls of flour
1 cup of milk	$\frac{1}{2}$ teaspoonful of baking
1 teaspoonful of salt	powder

Drain the clams and strip them with your fingers to remove any pieces of shell that may have been left on them. Chop them fine. Beat the eggs all together until very light, add to them the milk, then the flour, pepper and salt, and beat until perfectly smooth; add the clams (free from all liquor), and the baking powder; mix well, and drop by spoonfuls in *smoking* hot oil or fat; when browned on one side, turn and brown on the other. When done, take out with a skimmer, as it makes them very heavy to pierce them with a fork.

**TO ROAST CLAMS**

Wash them and put on a gridiron over the hot coals. When the shells open, remove the upper one, and serve in the under shell at once with a bit of butter and a little pepper on each.

**STEWED CLAMS**

Put twenty-five clams into a hot pan and stew five minutes, then add two tablespoonfuls of butter, dust them with a tablespoonful of flour, add six whole pepper-corns and stew gently for ten minutes. Then add a half-cupful of cream and the well beaten yolks of two eggs. Take from the fire and season with pepper and salt.

**CRABS****TO BOIL CRABS**

Take one dozen heavy crabs and boil for three-quarters of an hour. When done and cold, twist off the claws, take

off the upper shells and remove the spongy substance on the outside. See that the under part is free from sand. Arrange them nicely on a flat dish, garnish with parsley, and serve with them oil, vinegar, salt and pepper, allowing each person to dress one's own.

### DEVILED CRABS

12 nice, heavy crabs	1 tablespoonful of salt
$\frac{1}{2}$ pint of cream	1 tablespoonful of butter
2 tablespoonfuls of flour	1 tablespoonful of chopped
$\frac{1}{4}$ of a nutmeg, grated	parsley
Yolks of four hard boiled eggs	Salt and cayenne to taste

Put the crabs in warm water, add the salt, and put the kettle over a brisk fire. Boil thirty minutes. Take up and drain; break off all the claws, separate the shells, remove the spongy fingers, and the stomach, which will be found under the head. Pick out all the meat. Put the cream on to boil; rub the butter and flour together and add to the boiling milk; stir and cook for two minutes. Take from the fire and add the crab meat, the yolks of the hard boiled eggs mashed fine, the parsley, the nutmeg, salt and cayenne. Clean the upper shells of the crabs, fill them with the mixture, brush over with beaten egg, cover with bread crumbs and put in a quick oven to brown; or better, put them in a frying basket and plunge into *smoking* hot fat or oil until a nice brown.

### LOBSTERS

#### TO BOIL AND OPEN A LOBSTER

Fill a kettle with warm water (not boiling), put in the lobster head downward, add a tablespoonful of salt, cover the kettle and stand it over a very quick fire. They suffer

less by being put into warm than in boiling water. In the latter they are killed by heat, in warm water they are smothered. A medium sized lobster should boil half an hour; a larger one three-quarters. Cooking them too long makes them tough, and the meat will stick to the shell. When done and cool separate the tail from the body and twist off all the claws; shake out carefully the tom-alley (this is the liver of the lobster, and may be known by its greenish color); also the coral. Then draw the body from the shell, remove the stomach (sometimes called the lady), which is found immediately under the head, and throw this away. Now split the body through the centre and pick the meat from the cells. Cut the under side of the tail shell, loosen the meat and take it out in one solid piece. Now split the meat of the tail open and you will uncover a little vein running its entire length, this remove. The vein is not always the same color; sometimes it is red, sometimes black and sometimes white; but in all cases it must be carefully taken out and thrown away. The stomach or lady, the vein and the spongy fingers between the body and shell are the only parts not eatable. Crack the claws and take out the meat.

To serve plain boiled lobster, arrange the meat thus taken out in the centre of a cold dish, garnishing with the claws, sprigs of fresh parsley, hard boiled eggs cut into quarters, and pickled beets cut into fancy shapes. Let each person season to suit one's self.

#### **BROILED LOBSTER**

Boil the lobster as directed. When cold take off the claws and separate the tail and body, without breaking the shell; remove the meat in as large pieces as possible. Clean the shell and wipe dry. Arrange it prettily on a dish, garnish

with salad leaves or parsley, dotted with quarters of lemons. Now place the meat of the lobster on a wire broiler, baste with melted butter, dust with salt and pepper, and broil quickly over a clear fire. Put it at once into the shell, pour over a little melted butter, and serve very hot.

#### LOBSTER WITH CECIL SAUCE

Boil a three-pound lobster and open as directed. Cut the meat into pieces about one inch square. Put a tablespoonful of butter into a frying pan, and, when melted, add one tablespoonful of flour; mix until smooth, add one gill of cream, one gill of stock, and stir constantly until it boils; add the lobster, salt and pepper to taste. Heat thoroughly, take from the fire, add the beaten yolk of one egg and a tablespoonful of chopped parsley. This may be served in paper cases or individual dishes.

#### LOBSTER WITH CREAM SAUCE

1 lobster (3 pounds, live weight)	1 tablespoonful of butter
1 tablespoonful of flour	$\frac{1}{2}$ pint of milk
5 mushrooms	Salt and pepper to taste

Boil and open the lobster as directed. Cut it into dice. Put the butter in a frying pan, and, when melted, add the flour; do not brown, but mix until smooth; add the milk, stir constantly until it boils; add the mushrooms chopped fine, salt, pepper and the lobster; stir until thoroughly heated. Serve in paper cases.

#### LOBSTER CUTLETS

2 cups of boiled lobster	1 cup of cream or milk
3 tablespoonfuls of flour	1 tablespoonful of butter
1 tablespoonful of chopped parsley	$\frac{1}{4}$ of a nutmeg
	Yolks of two eggs
Salt and cayenne to taste	

Add all the seasoning to the lobster. Put the cream or milk on to boil, rub the butter and flour together, and add to the cream or milk when boiling. Now add the beaten yolks and cook two minutes. Take from the fire and add the lobster. Mix well; turn out on a dish to cool. When cool, form into cutlets, roll first in beaten egg, then in bread crumbs; put them in a frying basket and fry in *smoking* hot oil or dripping until a nice brown. It will take about two minutes. Drain and arrange them on a hot dish; put the end of a small claw in each cutlet to represent the mutton bone. Garnish with parsley, and serve with cream or Tartare sauce.

#### DEVILED LOBSTER

Deviled lobster is made the same as Deviled Crabs, using two cups of boiled lobster cut fine, instead of the dozen crabs. Serve in the lobster shells. This will require two small lobsters.

#### LOBSTER FARCI

- 2 cups of boiled lobster
- Yolks of three hard boiled eggs
- 1 tablespoonful of chopped parsley
- 1 tablespoonful of butter
- 2 tablespoonfuls of bread crumbs
- $\frac{1}{2}$  pint of milk
- 1 even tablespoonful of flour
- $\frac{1}{4}$  nutmeg, grated
- Salt and cayenne to taste

Cut the lobster into small pieces. Put the milk on to boil. Rub the butter and flour together, and stir into the milk when boiling; stir until smooth, take from the fire, add the bread crumbs, parsley, lobster, hard boiled eggs mashed fine, salt, nutmeg and cayenne; mix all well together. Be careful when opening the lobster not to break the body or tail shells.



Wash the shells and wipe them dry, and with a sharp knife or scissors cut off the under part of the shell. Now join the large ends of the two tail shells to the body, forming a boat. Put the farci into these shells, brush it over the top with beaten egg, sprinkle lightly with bread crumbs and place in a quick oven for fifteen minutes to brown. Serve hot in the shells garnished with parsley.

### SCALLOPED LOBSTER

6 pounds of lobster, live weight  
 $\frac{1}{2}$  pint of milk  
1 large tablespoonful of butter  
1 tablespoonful of flour  
1 tablespoonful of chopped parsley  
 $\frac{1}{2}$  cup of stale bread crumbs  
Salt and cayenne to taste

Put the milk on to boil. Rub the butter and flour together and stir into the milk when boiling. Boil the lobster, open as directed and cut the meat into dice. Put a layer of the white sauce in the bottom of a baking dish, then a layer of lobster, season with salt and cayenne, then a sprinkling of parsley and bread crumbs, then another layer of white sauce, and so on until all is used, having the last layer sauce, sprinkled over with bread crumbs. Put in a quick oven fifteen minutes to brown. Serve in the dish.

Or, it may be arranged in small individual dishes or the lobster shells.

### STEWED LOBSTER

Boil and open the lobster as directed. Cut the meat into dice, measure it, and to every pint allow

2 tablespoonfuls of butter	$\frac{1}{2}$ pint of stock
2 tablespoonfuls of flour	1 teaspoonful of salt
$\frac{1}{2}$ pint of cream	$\frac{1}{4}$ teaspoonful of white pepper

Put the lobster into a stewing pan, add the stock and *simmer* five minutes, then add the cream. Rub the butter and flour together until smooth, then stir this in with the lobster carefully and continually until it thickens, add the salt and pepper and serve very hot.

A teaspoonful of curry powder may be added and it is then Curried Lobster.

## MEATS

### BEEF

#### BRESLAU OF BEEF

1 pint of cold, chopped beef	½ pint of cream
1 gill of stock	1 tablespoonful of parsley
2 tablespoonfuls of butter	Yolks of three eggs
½ cup of stale bread crumbs	1 teaspoonful of salt
	½ teaspoonful of pepper

Beat the yolks and chop the parsley; then mix all the ingredients well together. Brush custard cups well with melted butter, press the breslau into them. Partly fill a baking pan with boiling water, stand the cups in it and bake in a quick oven for thirty minutes. When done, turn them from the cups onto a heated dish, pour around Tomato Sauce, garnish with squares of toasted bread, and serve hot.

#### COLLARED BEEF

Take six pounds of tender round, wipe it carefully. Stand an earthen dish of salt in the oven to heat. When hot, rub it into the meat; rest fifteen minutes and rub again and so on until the meat will imbibe no more. Place it in a jar, stand in a cold, dry cellar for one week, turning it every day. At the end of that time, take it out and rub it well with the following spices well mixed:

- $\frac{1}{2}$  teaspoonful of ground cloves
- $\frac{1}{2}$  teaspoonful of ground allspice
- $\frac{1}{4}$  teaspoonful of ground mace
- $\frac{1}{4}$  teaspoonful of ground cinnamon
- $\frac{1}{2}$  teaspoonful of pepper

Now put the meat into good shape and bind it with tape. Wrap a piece of cheese cloth around and sew tightly. Put it into a large kettle, *cover* with boiling water, and stand over the fire to cook, where it cannot possibly boil, for three hours. When done, put under a heavy weight, without removing cloth or tape, and let it remain over night. Serve cold cut in thin slices, garnished with lettuce or cress and Sauce Tartare.

#### COLLOPS OF BEEF

- 1 nice rump steak
- 1 small onion
- 1 tablespoonful of butter
- 1 teaspoonful of salt
- 1 small cucumber
- $\frac{1}{2}$  pint of stock or water
- 1 tablespoonful of flour
- $\frac{1}{4}$  teaspoonful of pepper
- 1 tablespoonful of capers

Cut the steak into small round or square pieces, suitable for one person. Put the butter into a frying pan, and when hot, brown the steak quickly, first on one side and then on the other; sprinkle over and around them the flour, add the stock or water, the cucumber cut into thin slices, and the onion chopped. Cover the pan, and stew slowly ten minutes, add the other ingredients, and serve.

#### DRIED BEEF RELISH

This is a way to use up the hard. small ends of dried beef, that you cannot cut.

Grate the meat, and to every cupful allow four tablespoonfuls of cream, four eggs well beaten, and a little pepper. Put the meat and cream into a stewing pan;

when hot, add the eggs; stir until the mixture becomes thick. Serve immediately on squares of buttered toast.

#### FRICASSEE OF DRIED BEEF

Cook the same as Frizzled Beef, but use two even tablespoonfuls of flour instead of one. Add the beaten yolks of two eggs just as you take it from the fire.

Corned beef's liver may be cooked in the same way.

#### DRIED BEEF FRIZZLED

Chip dried beef very thin. To every half-pound allow a large tablespoonful of butter, a half pint of milk and one tablespoonful of flour. Melt the butter in a frying pan, then add the meat, and stir over the fire for about two minutes, or until the butter begins to brown; dredge in the flour, stir again, then add the milk and a little pepper, stir again until it boils, and serve immediately.

#### BEEF Dutch Style

Prepare six pounds of tender round the same as for Collared Beef, at the end of the week, rub well into it the following mixture:

- 1 teaspoonful of pepper
- 1 tablespoonful of coriander seed
- 1 teaspoonful of gumbo fillet powder

Bind the meat into a good shape, tie with tape, and wrap and sew in a piece of cheese cloth. Put it into a large kettle, cover with boiling water, boil one moment, and then stand where it cannot possibly boil for three hours. At the end of the second hour add as flavoring, one onion, two bay leaves, one teaspoonful of celery seed and one tablespoonful of juniper berries. Finish precisely the same as Collared Beef.

**BROILED FILLET OF BEEF**

Cut a fillet of beef into slices about one inch thick, moisten them with olive oil and sprinkle with a little lemon juice or vinegar. Stand aside one or two hours. Then place on a wire broiler and broil over a quick fire for five minutes. Serve on a hot plate with Tomato Sauce poured over them.

Broiled fillet is also nice served with Okra and Tomato Sauce.

**FILLET IN JELLY**

Make an Aspic Jelly and stand away to cool.

Trim and lard the fillet. Place one onion and one small carrot sliced, in the bottom of a baking pan, add one bay leaf, one teaspoonful of celery seed and a sprig of parsley. Place the fillet on top of these, add one pint of stock and one teaspoonful of salt, cover the pan with another the same size and bake in a quick oven for three-quarters of an hour. When done stand aside to cool. Put a layer of the jelly in the bottom of a mould, large enough to hold the fillet; then place it on the ice to cool, and when congealed and firm, place the fillet on it, larded side downward; now fill the mould with the remaining jelly, which must entirely cover the fillet and about three-quarters of an inch above it. Stand the whole in a cold place over night or for several hours. The fillet must not touch the mould, but be perfectly covered with the jelly. When cold and firm turn it out carefully on a cold meat dish. Garnish with hard boiled eggs, water cress and quarters of lemons. Bearnaise Sauce should be served with it.

**BEEF à la MODE No. 1**

Take from a round of beef a slice about four inches thick, weighing seven or eight pounds. Remove the bone. Bind

the beef into good shape with a piece of new muslin or broad tape, sewing the ends tightly together. Cut deep gashes into the meat one inch apart, being careful not to cut all the way through. Mix a teaspoonful of salt, half a teaspoonful of black pepper, same of cinnamon, quarter of a teaspoonful of mace, the same of cloves, and rub them into the meat on both sides, sprinkling a little in each gash. Cut fat salt pork into pieces the size of the gashes, put one piece in each gash. Add to one cup of stale grated bread a small onion and a tablespoonful of parsley chopped very fine, moisten with vinegar. Now work a small portion of this forcemeat into the gashes by the side of the pork. Mix three tablespoonfuls of vinegar with three of olive oil, and moisten well both sides of the meat; let stand over night if possible. Then put two large tablespoonfuls of butter into a braising or baking pan; and when melted and hot, add one onion, one carrot and one turnip cut into slices; stir the whole until lightly browned, then add two tablespoonfuls of vinegar, two bay leaves, a sprig of parsley and two quarts of boiling water or stock; let the whole boil two minutes, then put in the beef and one knuckle of veal well cracked. If in a braising pan, put on the cover; if in a baking pan, turn over it another pan to keep in the steam. Put in the oven and bake slowly for six hours; oven about 220° Fahr. When done, take out the meat and stand away to cool. Strain the liquor, add salt and pepper to taste, and turn into a square pan to harden. This will make a jelly of a bright amber color. Serve the meat cold with squares of this amber jelly around it. Garnish with small button radishes cut into tulips, and parsley. Serve also in a separate dish Sauce Tartare.

This will keep one week if placed in a cold dry refrigerator.

**BEEF à la MODE No. 2**

- |   |                                       |
|---|---------------------------------------|
| 3 pounds from upper side of round         | $\frac{1}{2}$ teaspoonful of allspice |
|   | 1 teaspoonful of salt                 |
| $\frac{1}{4}$ teaspoonful of black pepper | $\frac{1}{4}$ teaspoonful of cloves   |
| $\frac{1}{4}$ teaspoonful of nutmeg       | 1 cup of bread crumbs                 |
| 1 tablespoonful of chopped parsley        | 1 tablespoonful of butter             |
|   | $\frac{1}{4}$ pound of larding pork   |

Make gashes in the meat about two inches long, and almost through it. Mix the spices, salt and pepper. Mix the bread crumbs, parsley and the butter (melted) together. Rub the meat on both sides with the spices, and put the remainder in the gashes. Fill the gashes nearly full with the bread crumbs. Cut the larding pork into pieces the size of the gashes, and work them down with the crumbs. Now tie the meat around with a piece of twine to hold in the filling. Finish the same as Beef à la Mode No. 1.

**PRESSED MEAT No. 1**

- |   |                                   |
|---|-----------------------------------|
| 1 quart of pieces of cold, cooked meat    | 1 teaspoonful of cinnamon         |
|   | 1 teaspoonful of allspice         |
| $\frac{1}{2}$ teaspoonful of cloves       | $\frac{1}{4}$ teaspoonful of mace |
| $\frac{1}{4}$ teaspoonful of black pepper | 1 cup of boiling stock            |
|   | Salt to taste                     |

Mix all the ingredients together, then press into a square mould and stand in a cold place to cool. When cold, turn it from the mould, cut it into slices, and serve. For this you can use any meat left from soups.

**PRESSED MEAT No. 2**

- |  |  |
|--|--|
| 6 pounds of the brisket of beef              | $\frac{1}{2}$ teaspoonful of ground allspice |
| $\frac{1}{4}$ teaspoonful of ground cloves   | $\frac{1}{4}$ teaspoonful of black pepper    |
| $\frac{1}{4}$ teaspoonful of ground mace     | 1 teaspoonful of salt                        |
| $\frac{1}{2}$ teaspoonful of ground cinnamon | Dash of cayenne                              |
|  | 3 tablespoonfuls of vinegar                  |



Cover the meat with cold water and *simmer* for five hours. When done, take out and stand away to cool. Boil the liquor until reduced to a pint. When the meat is cold, remove the bones, and cut it into small pieces; add to it all the spices, salt and pepper, and press into a square basin or mould. Now add the vinegar to the pint of boiling liquor, pour it over the meat and stand in a cold place for twelve hours. Then loosen it from the sides of the mould and turn it carefully out, and it is ready to serve.

#### PRESSED CORNED BEEF

Take six pounds of the brisket of beef, remove the bones and tie it tightly in a cloth. Put it in a kettle and cover with cold water. *Simmer* gently for five hours. When done, take out, place it between two tin sheets or large plates, put a heavy weight upon it over night. Remove the cloth and it is ready for use.

#### BEEF'S HEART WITH VEAL STUFFING

Soak the heart three hours in cold water, remove the muscles from the inside, and take out every atom of blood. Make a filling as follows: One pound of uncooked veal, chopped fine, a quarter pound of salt pork chopped fine, or a quarter pound of sausage meat, two heaping tablespoonfuls of dried bread crumbs, a tablespoonful of onion juice, one teaspoonful of salt, a quarter teaspoonful of black pepper, if you like, a dozen mushrooms chopped fine, and one egg slightly beaten. Mix all these ingredients well together, and stuff the heart. Wrap tightly in a cloth and sew it. Stand it in a small saucepan, with the point down, cover with boiling water, and *simmer* slowly three hours; then take it out and remove the cloth. Bake in a quick

oven one hour, basting every ten minutes with a little melted butter. Serve with a brown sauce.

This is also a nice cold dish, if cut in thin slices.

### SOUSED TRIPE

2 pounds of boiled tripe (honeycomb)	1 pint of vinegar
18 whole cloves	1 blade of mace
12 pepper-corns	18 whole allspice
	$\frac{1}{2}$ teaspoonful of salt
1 small onion	

Cut the tripe into pieces about two inches long and one inch wide. Put all the other ingredients into a porcelain kettle to boil. Put the tripe in a glass or stone jar, pour the boiling vinegar over it, and stand away for forty-eight hours. It will keep two or three weeks.

### TO BOIL SMOKED BEEF'S TONGUE

Wash the tongue well, and soak it in cold water over night. In the morning put it into a kettle *full* of cold water, stand it over a very slow fire, and *simmer* gently for four hours, or until you can pierce it with a fork, and it will be perfectly tender. If the water boils away, add more boiling water. When done, stand away to cool in the liquor in which it was boiled; when cold, remove the skin, beginning at the tip, stripping it back, and it is ready to use.

If you wish to serve it as a hot meat dish for dinner, take it out when done; skin, place on a heated platter, cover the root end with sprigs of parsley, and garnish the dish with black currant jelly. Another very pretty way to serve cold boiled tongue, is to cut it in thin slices, arrange the slices around a large meat plate, each one overlapping the other, with sauce Tartare in the centre of the dish. Make six button radishes into tulips (as directed), stand

them at equal distances around the dish. Nasturtium flowers may be placed between, with little bunches of water-cress.

### TONGUE ON TOAST

1 cup of cold, boiled tongue or ham  
Yolks of two eggs  
 $\frac{1}{4}$  teaspoonful of mustard  
Dash of cayenne

Chop the tongue or ham *very* fine. Beat the yolks until light, add them to tongue or ham, add the seasoning, stir the whole over the fire until the eggs are cooked. Serve immediately on squares of buttered toast.

## MUTTON

### COLD MUTTON CUTLETS

Trim one dozen rib cutlets neatly, remove every particle of fat. Lard them thickly on one side, place them in the bottom of a stewing-pan, larded side up, add one small carrot sliced, one onion, one bay leaf, a sprig of parsley, and six whole pepper-corns, cover with stock, bring quickly to a boil, then put on the back part of the fire, where it cannot possibly boil, for one hour, adding salt fifteen minutes before they are done. Take out, drain, and put them to press between two flat dishes. Trim the bones with paper quillings and serve cold around a bed of tender cabbage dressed with mayonnaise.

### MUTTON en PAPILOTE

1 cup of bread crumbs      Yolk of one egg  
6 loin cutlets              1 onion  
2 tablespoonfuls of butter

Put one tablespoonful of butter in a frying pan, when hot, brown the cutlets on both sides, take out and season with

salt and pepper. Add the remainder of the butter to the frying pan and the onion cut into slices, stir until a golden brown. When done take from the fire, add the bread crumbs, egg, and a tablespoonful of chopped parsley. Cut six pieces of white paper in a heart like shape, large enough to hold one cutlet each. Put a tablespoonful of the mixture on one side of the paper; put a cutlet on top of this, then another spoonful of the mixture on top of that, fold the other half of the paper over all. Fold the edges lightly together one over the other. Place in a hot oven for fifteen minutes. Serve in the papers with sauce Béchamel.

#### SCALLOP OF MUTTON

Cut into small pieces, scraps of cold cooked mutton; put a layer in the bottom of a baking dish, then a layer of stewed tomatoes, then a layer of bread crumbs; sprinkle with salt and pepper, and put over a few bits of butter, then another layer of meat, and so on until the dish is full, having the last layer crumbs. Bake in a moderate oven one and a half hours.

#### TO BOIL SALT OR SMOKED SHEEPS' TONGUES

Wash one dozen sheeps' tongues, and soak them over night in cold water. In the morning, put them in a kettle of fresh cold water and bring them slowly to a boil; skim all the scum from the top, and *simmer* two hours, stand aside to cool in the liquor. When cold, remove the skin and trim off the rough parts. Lay them between two plates to flatten. Arrange them in a circle on a meat dish with mayonnaise in the centre. Garnish with water cress.

**SHEEPS' TONGUE IN JELLY**

Wash thoroughly six fresh sheeps' tongues. Throw them into boiling water and *simmer* very gently for one and a half hours. At the end of the first hour add one onion, one bay leaf, a teaspoonful of salt and a quarter teaspoonful of black pepper. When done, remove the skin and trim off the rougher parts. Finish precisely the same as Filled of Beef in Jelly.

**SHEEP KIDNEYS en BROCHETTE No. 1**

6 sheeps' kidneys  
 $\frac{1}{4}$  pound of bacon  
1 tablespoonful of butter

Cut each kidney through the centre lengthwise, remove the white veins and fat. Wash well in cold water, cover with boiling water and let stand five minutes, then wipe them dry. Cut the bacon into slices, and then into pieces the size of a half kidney. Place one piece of kidney on a skewer, then a piece of bacon, then kidney, and so on, allowing about three pieces of bacon and two pieces of kidney to each skewer. Place them on a broiler, baste with the butter, and broil over a clear fire five minutes. Dust lightly with salt and pepper, and serve on the skewers.

These make a very nice breakfast relish.

**SHEEP KIDNEYS en BROCHETTE No. 2**

Cut six sheeps' kidneys nearly through without dividing, take out the white veins, wash and scald the same as in preceding recipe. Wipe them dry, and baste them with melted butter. Run a small skewer through each kidney in such a way as to keep the halves partly open. Broil them over a clear fire for about five minutes, take them

carefully from the skewers, dust them lightly with salt and pepper, fill the centres with Béarnaise sauce, and serve immediately.

#### TO BAKE OR ROAST A QUARTER OF LAMB

Wipe the meat with a damp towel, place it in a baking-pan, and dredge it with pepper. Put one teaspoonful of salt in the bottom of the pan, add one cup of water to baste with at first. When that evaporates, use its own drippings. Lamb must be basted every ten minutes and baked fifteen minutes to every pound, in a *very hot* oven.

Mint sauce, green peas and asparagus tips should be served with spring lamb.

### VEAL

#### CUTLETS FOR BREAKFAST

Cut a cutlet of veal into pieces about two inches square, and season with salt and pepper. Dip first into beaten egg, then into chopped mushrooms. Put two tablespoonfuls of butter in a frying pan, and, when hot, fry the cutlets until brown. Make a brown sauce the same as for veal cutlets, pour over the squares, and serve.

#### GALANTINE OF VEAL

1 breast of veal	1 pint of milk
1 knuckle of veal	$\frac{1}{2}$ teaspoonful of salt
$\frac{1}{2}$ box of gelatine	2 dashes of black pepper
2 cups of cold boiled ham, chopped fine	2 dashes of cayenne
8 tablespoonfuls of dried bread crumbs	Yolks of three eggs
	1 onion
	2 bay leaves

- |                            |                   |
|----------------------------|-------------------|
| 1 tablespoonful of chopped | 3 cloves          |
| parsley                    | 1 stalk of celery |
| 1 teaspoonful of French    | 1 small carrot    |
| mustard                    | 1 blade of mace   |

Put the milk on to boil, add to it the bread crumbs; stir constantly until it thickens; then add the yolks, mustard, chopped parsley, cayenne and ham. Mix all together. Bone the breast, sprinkle it with salt and pepper. Now spread the mixture over the breast, roll it up and tie with twine; then wrap it in a piece of cheese cloth and sew tightly. Put in the bottom of a soup kettle the bones from the breast, the knuckle of veal, three quarts of cold water, the onion, bay leaves, cloves, celery, carrot and blade of mace. Place it over a moderate fire, and bring slowly to a boil. *As soon* as it boils, skim carefully, add a tablespoonful of salt, and then put in the breast of veal; *simmer* for three hours, then take out the veal, remove the cloth, put the veal on a flat dish, and stand away to cool. Cover the gelatine with a half cup of cold water, and let it soak one hour. *Simmer* the knuckle one hour after removing the veal, then add to it the gelatine strained through a sieve, and clarify the same as Bouillon. Season with salt and pepper, and put away to *cool*, but not *harden*. When cool, put a layer of the liquid in the bottom of a mould large enough to hold the veal, stand it on the ice, and, when hard, place the veal on top of it, and pour the remainder of the liquor in the mould. (There should be just enough to cover the veal.) Stand in a very cold place over night. When ready to serve, wipe the outside of the mould with a warm towel, place a meat dish over the top of the mould, turn it upside down, and remove the mould carefully, leaving the galantine in centre of dish. Garnish with parsley, and serve with sauce Tartare.

## JELLIED VEAL

1 knuckle of veal	12 whole cloves
2 onions	6 pepper-corns
1 blade of mace	$\frac{1}{2}$ teaspoonful of ground
1 bay leaf	allspice
1 gill of good vinegar	Salt and pepper to taste

Wipe the knuckle and cut it into pieces; put it in a kettle with two quarts of cold water; bring it slowly to simmering point; skim, and *simmer* gently for two hours; then add the onion, mace, bay leaf, cloves, pepper-corns and allspice, and *simmer* one hour longer. Take out the knuckle, carefully remove the bones, and put the meat into a square mould. Boil the liquor until reduced to one quart; strain, add the vinegar, salt and pepper to taste, pour it over the meat, and stand it away over night to cool. When cold, turn it carefully out of the mould, garnish it with parsley and lemon, and it is ready to serve.

## VEAL LOAF

$3\frac{1}{2}$ pounds of veal	$\frac{1}{2}$ pound of ham
1 cup of bread crumbs	2 eggs
1 teaspoonful of salt	$\frac{1}{2}$ teaspoonful of pepper
1 teaspoonful of onion	$\frac{1}{2}$ teaspoonful of sage
juice	$\frac{1}{2}$ teaspoonful of cloves
$\frac{1}{2}$ teaspoonful of allspice	

Chop the uncooked veal and ham very fine; add to them all the other ingredients, the eggs well beaten; mix thoroughly, and press into a square pan to mould. Turn it out on a baking pan, brush it over with beaten egg, and bake in a slow oven for two hours, basting three or four times while baking with a tablespoonful of butter melted in a half cup of boiling water. Serve cold, cut in thin slices.



## CALF'S HEAD CHEESE

- |                         |                                     |
|-------------------------|-------------------------------------|
| 1 calf's head           | 1 teaspoonful of sweet mar-         |
| 1 teaspoonful of salt   | joram                               |
| 1 teaspoonful of summer | 1 tablespoonful of chopped          |
| savory                  | parsley                             |
|                         | $\frac{1}{4}$ teaspoonful of pepper |

Have the butcher saw the top of the head, and take out the brains. Now wash the head well in cold water; cover with clean cold water, and soak one hour; then scald the nasal and throat passages with boiling water; wash again in cold water, and see that the throat is perfectly free from any foreign matter. *Simmer* it in hot water, enough to cover, for one and a half hours, or until the meat leaves the bones. When done, take it out carefully, remove the bones, chop the meat and add the other ingredients. Have ready a small bag made from cheese cloth, pack the mixture into it, tie the bag tightly and hang away to cool. When cold, turn the bag, wrong side out, off the meat, and it is ready for use. Serve cold, cut in thin slices.

## ITALIAN CHEESE

- |  |   |
|--|---|
| 1 pound of veal                            | 2 tablespoonfuls of chopped               |
| 1 $\frac{1}{2}$ pounds of calf's liver     | parsley                                   |
| $\frac{1}{2}$ pound of ham                 | $\frac{1}{4}$ box of gelatine             |
| 1 small onion                              | 1 heaping teaspoonful of salt             |
| $\frac{1}{2}$ teaspoonful of powdered sage | $\frac{1}{4}$ teaspoonful of black pepper |
|  | A dash of cayenne                         |

Wash the liver, then cover with boiling water, let it stand five minutes, then take it from the water and dry on a towel. Chop the liver, the veal and the ham (all uncooked) very fine; then add the sage, parsley, salt, black pepper, cayenne and the onion, grated. Mix well. Grease a plain mould well with butter; press the meat tightly into the mould, cover, and boil or steam three hours. When you remove the lid, you will find the meat has shrunk,

leaving a half inch of space partly filled with liquid. Carefully drain this liquid off, put it in a saucepan over the fire, add to it the gelatine (which should have been covered with cold water and soaked a half hour) and sufficient water to fill the space and cover the cheese. Stir until the gelatine is dissolved; add salt and pepper to taste, pour back into the mould around the cheese and stand away in a cold place. When cold, turn out of the mould; garnish with slices of lemon and parsley, and it is ready to serve.

If properly made, the meat should be incased in a jelly.

#### BLIND HARE

1½ pounds of veal cutlet	1½ pounds of round steak
½ teaspoonful of grated nutmeg	4 eggs
1 even teaspoonful of cinnamon	2 cups of stale bread crumbs
	1 saltspoonful of black pepper
2 even teaspoonfuls of salt	

Chop the beef and veal very fine. Beat the eggs until thoroughly mixed. Mix all the ingredients well together and form into an oblong loaf, sprinkle with cracker crumbs. Bake in a moderate oven three hours, basting once or twice with melted butter. Serve cold, cut in very thin slices.

#### BEWITCHED VEAL

3 pounds of veal cutlet	¼ pound of ham
1 tablespoonful of onion juice	¼ teaspoonful of grated nutmeg
1 teaspoonful of salt	1 large tablespoonful of butter
3 eggs	
1 gill of cream	

Chop the meat very fine. Beat the eggs. Mix all the ingredients together and finish the same as Veal Loaf. Serve in thin slices around a bed of lettuce.

**MARBLED VEAL**

Chop very fine one salt boiled beef's tongue, also two pounds of cold cooked veal. Season both with pepper, nutmeg, and the veal with salt. Pack in layers in small cups, pressing very hard. Stand aside until cold. Turn out on lettuce leaves. Serve with sauce Tartare.

**COLLARED CALF'S HEAD**

Clean and *simmer* an unskinned calf's head until very tender. When tender, remove the bones carefully and flatten the head, cover it with a thin sprinkling of parsley, then a layer of thin slices of uncooked ham, then a layer of slices of hard boiled eggs, seasoned highly with pepper. Roll tightly in a cloth. Boil two hours. When done, take it out, place it under a weight and stand aside until cold. When cold, remove the cloth and serve cut in thin slices.

**ASPIC JELLY**

1 pound of uncooked beef	1 large tablespoonful of
A knuckle of veal	butter
$\frac{1}{4}$ pound of bacon	1 onion
1 slice of turnip	$\frac{1}{2}$ carrot
1 slice of parsnip	A stalk of celery
2 cloves	6 pepper-corns
1 blade of mace	3 whole allspice
A chip of lemon rind	1 tablespoonful of Wor-
2 quarts of water	cestershire sauce

Salt to taste

Put the bacon in the bottom of a soup kettle, let it brown, then add the onion cut in slices; stir until a nice brown; then add the butter, and, when hot, the beef; cover the kettle and let it *simmer* until a thick brown glaze is formed in the bottom of the kettle; then add the veal and the

water, and *simmer* gently for two hours. Now add the vegetables, Worcestershire sauce, spices, and lemon rind, and *simmer* two hours longer. When done, it should be reduced one-half. Strain and clarify the same as Bouillon. Turn into a square mould or the small aspic jelly moulds. If you use a large mould, cut the jelly into blocks.

This is used as a garnish for Beef à la Mode, Boned Turkey, or any other cold meat dish.

## POULTRY

### BONED CHICKEN

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 pair of year old chickens         | 1 cup of stale bread crumbs         |
| $\frac{1}{2}$ pound of sausage meat | 1 teaspoonful of salt               |
| 1 tablespoonful of chopped parsley  | 1 teaspoonful of onion juice        |
|                                     | $\frac{1}{4}$ teaspoonful of pepper |

Singe the chickens, cut off the heads and feet. The one that has the smoothest and best skin should be boned carefully for the outside; the other one may be used for the inside.

#### TO BONE

Place the chicken on the table with the breast down; take a very small, sharp pointed knife and cut the skin from the neck to the rump down the backbone. Now carefully and slowly run the knife between the bones and flesh toward one of the wings. When you come to the thin bone, and the joint nearest the body, unjoint, and then separate it from the body; now run the knife between the flesh and the bone of the wing, and remove each bone as you come to the joint; the small bones in the tips of the wings cannot be taken out, so they may be either left on or cut off—the first is best. Now run the knife close to the bones until you come to the third joint of the legs; by twisting and cutting this joint, it

will easily open, then separate it from the body ; take the bones out of the leg in the same manner as the wing. The lower leg bone can be taken out easily by turning it wrong side out and stripping the flesh down. Now run the knife between the bones and flesh, on the same side, until you come to the breast bone. Then turn the chicken and bone the other side the same. Now pull out the crop ; then take the neck in one hand and the flesh and skin in the other, and gently pull the flesh, and you will partly uncover the upper part of the breast bone ; now take your finger and press the flesh from the breast bone till you come to the edge, then lay the chicken on its back ; let some one take hold of it by the neck. Now take hold of the flesh and skin of the neck with your left hand, and pulling it gently down, with the knife cut the skin *carefully* from the breast bone, the carcass coming out whole. All along this bone there is no flesh between the skin and bone, so it requires great care not to cut the skin, it should be perfectly whole without one break when the chicken is finished. After removing the carcass, cut off the rump, leaving it attached to the flesh and skin ; see that it is clean, wipe the skin with a damp towel, and spread the chicken out flesh side up ; dredge it with salt and pepper. Cut up the other chicken, take the meat from the bones and chop it fine. Mix it with the sausage meat, add the crumbs, salt, pepper, parsley, and onion juice, and mix again. Take a small portion of this forcemeat and press carefully into the wings and legs where the bones have been taken out ; form the remainder of it into a roll the shape of the carcass, and place it in the boned chicken ; draw the skin together and sew it up from the neck to rump. Now turn it over on its back, tuck the wings back, and draw the legs down to the side of the body, press it with your hands until it is the

shape of the chicken before you boned it. It is impossible to give it the exact shape ; it will look more like a duck than a chicken. Now wrap it up tightly in a towel, tie with twine, running it all around so that it cannot open in any place. Now place the bones from both chickens and the skin from the one you chopped in a kettle, pour in cold water enough to cover them, and a little more. Add a knuckle of veal, one bay leaf, one onion, four cloves, a sprig of parsley, twelve pepper-corns, a small sized carrot sliced. Stand it over a moderate fire ; at the first boil, skim it, add salt ; lay the boned chicken on top of these, cover the kettle, and *simmer* gently for four hours. When done take it from the kettle, remove the towel, and stand away to cool. *Simmer* the bones two hours longer, then strain and stand the liquor away to cool. When cold, take the fat from the top. There should be two quarts of this jelly. If a knuckle of veal is not at hand, cover one box of gelatine with one pint of cold water and soak one hour. After you have taken the fat from the jelly, put the jelly into a saucepan to melt ; when melted and hot, add the soaked gelatine and stir until dissolved. Be sure that there are two quarts of the jelly ; if not, add hot water to make the quantity. Season with salt and pepper to taste. Pour a layer about half an inch deep in an oblong basin or mould, stand away to harden, then lay the chicken on top and pour over and around it the remainder of the jelly, which must be cold but liquid, and should just cover the chicken ; now put it in a very cold place over night. When wanted, wipe the mould with a warm cloth, and turn carefully out ; garnish with parsley and sauce Tartare.

Or, when the chicken is done, remove the towel, place the chicken in a baking pan, baste it with butter, dust it with salt and pepper, and brown in a quick oven about

thirty minutes. Stand it away to cool. Make the jelly as directed, season and put away to harden in a shallow pan. When hard, remove the fat, and chop half of the jelly on a towel with a silver knife. Place the chicken on a flat dish, and put the chopped jelly all over it about a half inch thick; cut the remaining jelly into squares (about an inch) or fancy shapes, and place them around the dish, forming a border of jelly. In summer this is the better way, as the jelly melts so quickly. It may also be served without jelly, garnished with parsley and sauce Tartare. The liquor in which it was cooked may then be used for soup. A boned chicken may be kept four or five days.

#### CHAUD FROID OF CHICKEN

- |                          |                             |
|--------------------------|-----------------------------|
| 1 cold roast chicken     | 1 tablespoonful of butter   |
| 1 tablespoonful of flour | $\frac{1}{2}$ pint of cream |
| Salt and pepper to taste |                             |

Strip the skin carefully from the chicken, and cut the meat into nice pieces, about an inch and a half long and an inch wide. Now put the butter in a frying pan to melt, add to it the flour; mix until smooth; add the cream, stir continually until it boils and thickens; add salt and pepper. Into this sauce dip each piece of chicken, and place the pieces on a dish, one not touching the other. Stand away until very cold. When cold arrange the pieces nicely on a dish, sprinkle them with a little parsley chopped *very* fine, garnish with aspic jelly and parsley, and serve.

#### CHICKEN IN JELLY

- |                      |                               |
|----------------------|-------------------------------|
| 1 four pound chicken | 1 small onion                 |
| 1 bay leaf           | 3 whole cloves                |
| 1 blade of mace      | $\frac{1}{4}$ box of gelatine |
| 3 hard boiled eggs   | Salt and pepper to taste      |



Clean the chicken and cut it up as for a fricassee. Put it on to cook with the onion, bay leaf, cloves, mace and pepper. *Simmer* slowly until the chicken is tender (about one and one-half hours if the chicken is young). When done, take it out, cut it from the bones in nice pieces, rejecting all the skin. Now put the bones and skin back into the kettle and *simmer* one hour longer. Cover the gelatine with a little cold water, and let it soak an hour. Put the chicken away until the next day. Add the gelatine to the liquor, stir over the fire about one minute, take from the fire and strain. Taste to see if properly seasoned—if not, add more salt and pepper—and stand it away also. There should be about one and a half pints of liquor when done. The next day, take all the fat from the top of the jelly, stand the jelly on the fire to melt, then pour into a square mould about a half-pint, and stand it on the ice to harden. When hard, put a layer of the chicken on top of the jelly, then slices of the hard boiled eggs, sprinkle lightly with salt and pepper, then more chicken, and so on until all is used. Now pour over this the remainder of the jelly, which should be cold, but still liquid, and should just cover the chicken. Stand away in a cold place over night. When wanted, turn carefully from the mould, and garnish with parsley.

#### PRESSED CHICKEN

An old chicken may be used for this.

Draw and singe as directed. Wipe well with a damp towel, put in a kettle and cover with cold water. Place over a moderate fire, and *simmer* gently until the meat falls from the bones; add one teaspoonful of salt when about half done. It will take about three or four hours to cook, if the fowl is old. When done, take the meat from the bones and cut it into small pieces, not over a half inch

square. Put the bones and skin back into the kettle, and boil until the liquor is reduced to one and a half pints, then strain, and season to taste with salt and pepper. Mix this with the chicken, pour the whole into a square tin mould and stand in a very cold place over night. A light weight may be placed on top to press it together, a flat-iron on a small board is best. When hard and cold, turn out of the mould, garnish with parsley, and serve.

This is nice for picnics.

#### MARBLED MEAT

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1 good sized chicken (five pounds) | 6 mushrooms                         |
| 6 sheeps' tongues                  | 2 tablespoonfuls of chopped parsley |
| 2 hard boiled eggs                 | $\frac{1}{2}$ teaspoonful of cloves |
| 1 pound of ham or bacon            | 1 tablespoonful of onion juice      |
| $\frac{1}{4}$ teaspoonful of mace  | Salt and pepper                     |

Clean the chicken and take all the meat from the bones. Cover the sheeps' tongues with cold water, and boil gently for two hours; then skin and cut them into thin slices, Chop the ham or bacon; cut the hard boiled eggs into slices; grease a mould (with a cover), put in a layer of chicken, then a layer of sheeps' tongues, then a layer of ham, then a layer of hard boiled eggs sliced, then a sprinkling of the mushrooms chopped fine, parsley, cloves, mace, salt, pepper and a few drops of the onion juice, then another layer of chicken, and continue these alternations until all is used. Press well together, cover the mould, stand it in a pot of boiling water, and boil two hours. Do not have the water deep enough to cover the mould. When done, remove the lid and stand away to cool. Then turn it out of the mould, and garnish with aspic jelly or parsley and slices of lemon.

**PICKLED CHICKEN**

Clean, draw and boil a fowl until tender, using as little water as possible. When very tender, remove the meat from the bones, and place it in glass jars. Take sufficient broth to half fill the jars, and add to it an equal quantity of vinegar; add a dozen whole cloves, a small onion sliced, a bay leaf and a blade of mace, pour this over the chicken and stand aside to cool. When cold, cover and stand over night, and it is ready for use. Garnish with tender salad leaves.

## POTTING

Potting is an everyday occurrence in England, even with the plainest cooks. The tongue, ham, meat or fish left from the table one day are sure to be potted for the lunch of another, and in hot weather it is a decidedly better way of managing the left overs than making hashes or stews. Their goodness depends upon the thorough pounding, which reduces the materials to the smoothest paste. If carefully prepared and put away, they will keep for a long time.

### POTTED FISH

Pick the cold fish to pieces, season with salt, pepper and a very little mace, then put into a jar, tie tightly with a piece of muslin, then cover this with a paste made from flour and water, stand the jar in a pan of water and bake in a moderate oven one hour. When done and cold, pound the fish to a paste, pack it back into the jar and cover with melted butter.

### POTTED CHICKEN

Take cold roast chicken, rejecting the sinews and skin, chop fine and to every pint allow a half cup of chopped tongue or ham. Put the bones left from the chicken into a saucepan, add one pint of cold water and boil down to less than a half pint. Strain, and remove the fat. Pound

the chicken, ham or tongue to a smooth paste, adding a little of the liquor to moisten, season with cayenne, nutmeg and a tablespoonful of melted butter, put it into small jars or pots and press down tightly. Cover the jars the same as for Potted Fish, stand the jars in a baking pan half full of water and bake a half hour, then take out, remove the cloth and paste, press the meat down again and cover with melted butter. Tie with bladder or tissue paper moistened with white of egg and keep in a cool, dry place.

This will keep for months.

Fresh beef's tongue, cold roast veal, cold boiled or roast mutton, ham and smoked tongue may all be potted after the same fashion.

#### MOCK PATÉ de FOIE GRAS

Lard thickly over the top a whole calf's liver, put it in a stewing pan with two green onions chopped fine, two bay leaves, a blade of mace, a half dozen peppercorns, six whole cloves, a saltspoon of salt, a lump of loaf sugar, and one pint of stock, cover the saucepan and cook gently three hours. When done, remove from the saucepan and cut in thin slices; place them on a meat dish and strain over the liquor. Stand aside over night. Then pound the liver to a paste, adding a teaspoonful of salt, a saltspoon of white pepper and a half pound of melted butter. Mix thoroughly and press the whole through a sieve, then pack into small pots, smooth the top, and pour over melted butter.

#### BEAUREGARD EGGS

5 eggs	½ pint of milk
1 tablespoonful of corn starch	Lump of butter, size of a
5 squares of toast	walnut
Salt and pepper to taste	

## EGGS

### BEAUREGARD EGGS

- 5 eggs
- 1 tablespoonful of corn starch
- 5 squares of toast
- $\frac{1}{2}$  pint of milk
- Lump of butter, size of a walnut
- Salt and pepper to taste

Cover the eggs with boiling water and boil for twenty minutes. Take off their shells, chop the whites fine and rub the yolks through a sieve. Do not mix them. Now put the milk on to boil, rub the butter and corn starch together, and add to the boiling milk. Now add the whites, salt and pepper. Put the toast on a hot dish, cover it with a layer of this white sauce, then a layer of the yolks, then the remainder of the whites, and then the remainder of the yolks. Sprinkle the top with a little salt and pepper, stand in the oven for a minute or two, and serve. This is good and sightly.

### DEVILED EGGS

- 12 eggs
- 1 large teaspoonful of French mustard
- 2 heaping tablespoonfuls of cold boiled ham or tongue
- 1 tablespoonful of olive oil
- Salt and cayenne to taste

Cover the eggs with warm water, and boil fifteen minutes, then throw them into cold water for half an hour; this prevents the whites from turning dark. Remove the shells, and cut the eggs in halves lengthwise. Take out the yolks carefully without breaking the whites. Rub the yolks to a smooth paste with the mustard and oil, then add the ham or tongue finely chopped, the salt and pepper, and mix thoroughly. Fill the hollowed whites with this mixture, and serve on a bed of water cress or salad.

For picnics or garden parties, put the two corresponding halves together and press them gently. Cut white tissue paper into pieces six inches square, fringe the opposite sides, roll one egg in each paper, twist the fringed ends same as the candied secrets. Serve on a napkin, in a pretty little basket, garnished with smilax or myrtle.

#### EGGS IN MARINADE

6 eggs	24 whole cloves
1 pint of vinegar	$\frac{1}{2}$ teaspoonful of ground
$\frac{1}{2}$ teaspoonful of salt	mustard
$\frac{1}{2}$ teaspoonful of pepper	

Boil the eggs fifteen minutes. Take off the shells and stick four cloves into each egg. Put the vinegar on to boil. Rub the mustard, salt and pepper, with a little cold vinegar, to a smooth paste, and add to the vinegar when boiling. Stir over the fire one minute. Put the eggs in a glass fruit jar, pour over them the boiling vinegar, cover, and let stand two weeks.

These are nice to serve as an accompaniment to broiled steak.

#### EGGS POACHED IN TOMATOES

Peel and cut into small pieces six medium sized tomatoes. Chop fine one small green onion. Put the onion and

tomatoes in a stewing pan and stew slowly fifteen minutes, then add a teaspoonful of salt and a saltspoonful of pepper. Carefully break six eggs into the hot tomatoes, cook two minutes. Have ready slices of buttered toast. Lift the eggs carefully, one at a time, from the tomatoes, and place them on the toast, pour the tomatoes around them, and serve.

### EGGS WITH MINCED MEAT

(Mrs. Lincoln)

Chop one pint of cold chicken, ham or veal fine and rub it to a smooth paste; add one tablespoonful of melted butter, one tablespoonful of chopped parsley, salt and pepper to taste, and two beaten eggs. If too dry, moisten with a little cream or stock, but do not have it too soft to shape. Heat it in a frying pan just enough to warm through, letting it dry off if too moist. Form it on a hot platter into a flat mound, hollow the centre leaving a ridge of the mixture around the edge. Put three or four poached eggs in the centre. Garnish with triangles of toast, laid around the base of the meat, and place around hard boiled eggs cut in halves. Garnish with parsley.

### OMELETTE SOUFFLÉE

Whites of six eggs      Yolks of three eggs

Juice of half a lemon    3 tablespoonfuls powdered sugar

First grease a quart baking dish with butter, and then see that the oven is hot. Now beat the whites to a *very* stiff froth, beat the yolks, add them to the whites, then the sugar and juice of lemon; stir carefully, and *quickly* heap into the baking dish; dredge with powdered sugar and put into the oven. Bake fifteen minutes, or until a golden brown, and serve *immediately*. It may also be baked in paper cases.



**APPLE OMELET**

Steam two good sized apples and press them through a sieve, add to them two tablespoonfuls of powdered sugar, the well beaten yolks of three eggs, a tablespoonful of lemon juice, and stand aside to cool. When cold, stir into this carefully the well beaten whites of six eggs, turn into a greased baking dish, dust thickly with powdered sugar, and bake in a quick oven about fifteen minutes and serve at once or it will fall.

**PEACH OMELET**

Pare and stone three very mellow peaches, then press them through a sieve, add two tablespoonfuls of powdered sugar and the well beaten yolks of three eggs, then stir in carefully the whites of six eggs beaten to a stiff froth, turn in a greased baking dish and bake in a quick oven fifteen or twenty minutes. Serve immediately.

**RASPBERRY OMELET**

Mash and press through a sieve a half pint of large red raspberries and finish precisely the same as Peach Omelet.

**STRAWBERRY OMELET**

Strawberry omelet is made precisely the same as Raspberry Omelet.

**EGGS à la TRIPE**

Boil eight fresh eggs for twenty minutes, then throw them in cold water for five minutes, take off the shells and cut into rather thick slices. Cut three small onions into slices, and then separate the slices into rings, cover with water and boil ten minutes, then drain in a colander. Make a

half pint of Béchamel sauce, add to it an eighth of a teaspoonful of nutmeg, the juice of half a lemon, salt and pepper to taste, add the eggs and onions, stir gently until the eggs are thoroughly heated. Serve very hot, garnished with diamonds of toasted bread.

#### EGGS WITH PARMESAN

Cut eight hard boiled eggs into slices. Put two tablespoonfuls of butter in a frying pan, add two even tablespoonfuls of flour, mix until smooth, and add a half pint of cream and a half pint of stock; stir continually until it boils, then add four heaping tablespoonfuls of Parmesan, one ounce of butter, salt and pepper to taste, add the slices of hard boiled eggs and a tablespoonful of chopped parsley; mix, and turn into a baking dish. Crumb a slice of stale bread, and sprinkle over it sufficient melted butter to just moisten, strew this over the top, and brown in a quick oven. Serve hot in the dish in which they are baked.

#### EGGS, BROUILLES

Break four fresh eggs into a bowl, with a fork break the yolks and slightly mix them with the whites, do not beat; add two ounces of butter, four tablespoonfuls of cream, one tablespoonful of thick stock or glaze, a quarter-teaspoonful of white pepper and a half teaspoonful of salt. Mix, and turn into a small stewing pan; with a wire spoon stir continuously and quickly until the eggs begin to thicken, then draw the stewing pan to the side of the fire and continue beating until the mixture is thick and light. Delicious.

## **SANDWICHES**

### **ANCHOVY SANDWICHES**

Chop four hard boiled eggs very fine, sprinkle over them a teaspoonful of onion juice, then add four tablespoonfuls of olive oil, one tablespoonful of tarragon vinegar, and an even teaspoonful of salt ; rub the whole as smooth as possible. Cut bread into thin slices, spread each slice with this mixture, then place small pieces of prepared anchovies over one-half the slices, put two slices together, cut into squares or diamonds, and they are ready to serve.

### **CORNERED BEEF SANDWICHES**

Put thin slices of cold corned beef between slices of buttered bread, cut into either diamonds, squares or narrow strips.

### **CHEESE SANDWICHES**

Chop a half pound of good English cheese quite fine, add to it one tablespoonful of French mustard and work the whole to a smooth paste, spread on very thin slices of buttered bread, trim off the crusts, put two slices together and cut into neat squares.

**CHICKEN SANDWICHES**

Take cold boiled or roast chicken and chop it very fine, white meat the best. To every cupful add two tablespoonfuls of melted butter, a saltspoonful of salt, and two dashes of white pepper, mix until smooth. Spread on thin slices of buttered bread, put two slices together, trim off the crusts and cut into neat squares, diamonds or strips.

**EGG SANDWICHES**

Powder and rub to a paste the hard boiled yolks of eight eggs, add two tablespoonfuls of melted butter, a saltspoonful of salt and a dash of cayenne. Mix, and spread on slices of buttered bread, place the slices together, trim off the crusts and cut into neat shapes.

**HAM SANDWICHES**

Cut the bread very thin, butter lightly, put on it a good layer of finely chopped cold boiled ham; lay another piece of buttered bread on top, and press together gently. If the crust is at all hard, cut it off before putting in the ham.

**HAM AND EGGS SANDWICHES**

Mix the yolks of six hard boiled eggs with one tablespoonful of French mustard to a smooth paste, then add one cup of finely chopped cold boiled ham. Spread a good layer of this on a slice of buttered bread, cover with another slice, and press firmly together, trim off the crusts, and cut into neat shapes.

**INDIAN SANDWICHES**

Take the white meat of a cold boiled or baked chicken and chop it fine, add to it a half cup of chopped cold boiled ham or tongue, mix, and add a teaspoonful of essence of

anchovy, a tablespoonful of good stock, a dash of cayenne and the juice of half a lemon ; mix and rub the whole to a smooth paste. Take a round biscuit cutter and cut from thin slices of stale bread, round sandwiches, spread each one lightly with butter, and toast in the oven until a golden brown. Spread a layer of the mixture on each of these, place two together. Rub four tablespoonfuls of Parmesan cheese and two tablespoonfuls of butter to a paste, spread a thin covering of this over the top of each sandwich, stand in the oven a few moments, and send to the table hot.

#### **SARDINE SANDWICHES**

Butter thin slices of bread, and trim off the crusts. Remove the sardines carefully from the box, split them open in the centre and remove the bones, heads and tails. Place the halves of sardines over one-half the slices of bread, cover with the other slices, press tightly together, and cut into neat shapes.

#### **TONGUE SANDWICHES**

Chop very fine one pound of cold boiled tongue, spread between slices of buttered bread or tea biscuit.

## MEAT AND FISH SAUCES

### STOCK FOR SAUCES AND GRAVIES

Place in a soup kettle all the fresh bones taken from your roasts and steaks, cooked or uncooked, bones of mutton, lamb, veal, beef or poultry; also, the trimmings of same if fresh, allowing one quart of cold water to every pound of bones and meat. Place the kettle over a moderate fire and bring slowly to boiling point, throw in a cup of cold water, skim, cover the kettle closely and *simmer* for four hours, then add one onion, one carrot, two bay leaves, one bunch pot-herbs and twelve cloves to every gallon of water used; *simmer* one hour longer. When done, strain through a fine sieve, and stand away to cool. When cold, take the grease from the surface and it is ready to use.

All sauces must be stirred continually while on the fire, and seasoned carefully, so that each sauce may have its own individual flavor.

### BERNAISE SAUCE

Yolks of four eggs	4 tablespoonfuls of olive oil
Dash of cayenne	$\frac{1}{4}$ teaspoonful of salt
	4 tablespoonfuls of hot water
	1 tablespoonful of tarragon vinegar

Beat the yolks until creamy, add the water and oil, stand the bowl in a pan of boiling water, and stir until the eggs

(12)

thicken. Take from the fire and add the vinegar, salt and pepper; mix well, and stand away to cool.

This is most delicious, and may be served with broiled steaks, smelts, or lobster chops.

### BÉCHAMEL SAUCE

1 tablespoonful of butter	1 tablespoonful of flour
1 gill of stock	1 gill of cream
2 dashes of pepper	Yolk of one egg
$\frac{1}{2}$ teaspoonful of salt	

Melt the butter without browning, then add the flour, mix until smooth; add the stock and cream, stir *continually* until it boils; take from the fire, add the salt, pepper and the yolk of the egg well beaten.

This sauce is especially nice for sweetbreads, chickens, cutlets, and baked or boiled fish.

### CREAM SAUCE

1 tablespoonful of flour	1 tablespoonful of butter
$\frac{1}{2}$ pint of cream or milk	$\frac{1}{2}$ teaspoonful of salt
2 dashes of pepper	

Melt the butter, being careful not to brown it; add the flour, mix until smooth; then add the cream or milk, stir *continually* until it boils; add salt and pepper, and use at once. If you are not quite ready to use it, stand it over boiling water to keep warm, stirring frequently to prevent a crust from forming on the top.

This sauce may be used with lobster chops, sweetbreads, chicken chops and other similar dishes.

### CREAM SAUCE WITH MUSHROOMS

Make a Cream Sauce, add one cup of fresh mushrooms chopped fine, or the same quantity of canned mushrooms,

and cook over boiling water ten minutes. If canned mushrooms are used, simply heat, do not cook, as it toughens the mushrooms.

This sauce may be used the same as Cream Sauce.

#### ENGLISH DRAWN BUTTER

Put two ounces of butter into a frying pan to melt; when melted, add two tablespoonfuls of flour; mix until smooth, then add one pint of boiling water stirring quickly and continually until it thickens, then add a teaspoonful of salt, a little white pepper and two ounces of cold butter cut into bits; stir until it is dissolved. The great point in preparing drawn butter is to take from the fire as soon as it thickens. For this sauce it is very essential to have *good butter*. Serve with asparagus, boiled fish, cauliflower, etc.

#### SAUCE HOLLANDAISE

Make a Drawn Butter; when you have finished it, take it from the fire, and add gradually the yolks of two eggs (beaten); then add juice of half a lemon, a teaspoonful of onion juice, and a tablespoonful of chopped parsley. Serve with boiled or baked fish and fish croquettes.

#### SAUCE TARTARE

$\frac{1}{2}$  pint of mayonnaise dressing  
3 olives  
1 gherkin  
1 tablespoonful of capers

Chop the olives, gherkin and capers very fine, add them to the dressing, and it is ready for use. You may add a half teaspoonful of powdered coriander seed, or one tablespoonful of tarragon vinegar.

Serve with smelts, lobster chops, or cold meat dishes.



**TOMATO SAUCE**

- |                           |                          |
|---------------------------|--------------------------|
| 1 pint of stewed tomatoes | 1 bay leaf               |
| 1 tablespoonful of butter | 1 sprig of parsley       |
| 1 tablespoonful of flour  | 1 blade of mace          |
| 1 small onion             | Salt and pepper to taste |

Put the tomatoes on the fire with the onion, bay leaf, parsley, and mace, and *simmer* slowly for ten minutes. Melt the butter, add to it the flour, mix until smooth. Press the tomatoes through a sieve, add them to the butter and flour, stir *continually* until it boils, add salt and pepper, and it is ready to use.

This may be served with chops, fillet, or broiled steak.

**CREAM TOMATO SAUCE**

Make a Tomato Sauce, and, when ready to serve, add to it three tablespoonfuls of thick cream. Do not boil after adding the cream.

**TOMATO SAUCE WITH OKRA**

Make a Tomato Sauce, and when done, add a half pint of stewed okra and a quarter teaspoonful of powdered coriander seed.

**VINAIGRETTE SAUCE**

Put a saltspoonful of salt and two dashes of white pepper in a saucer, and add to it gradually three tablespoonfuls of vinegar, stirring with a fork, then add little by little six tablespoonfuls of olive oil. Stir until thoroughly mixed, and add one tablespoonful of chopped parsley.

## PUDDINGS AND DESSERTS

### CREAM CHOCOLATE PUDDING

1 pint of milk	4 tablespoonfuls of corn starch
$\frac{1}{2}$ cup of sugar	2 ounces of chocolate
4 eggs	1 teaspoonful of vanilla

Put the chocolate in a saucepan, and stand it over the tea-kettle to melt ; stir until perfectly smooth. Put the milk on to boil in a farina boiler ; moisten the corn starch with a little cold water (about a quarter-cup), and add it to the boiling milk ; cook and stir until thick and smooth. Beat the whites of the eggs to a stiff froth ; add the sugar to the milk, then the whites, and beat all well together over the fire. Take from the fire, add the vanilla. Now take out one-third of the mixture, add to it the chocolate ; mix well. Dip a plain pudding mould into cold water, put in the bottom of it half the white mixture, then all the dark, and then the remainder of the white. Stand on the ice for three hours to harden. Serve with Vanilla Sauce poured around it.

### CREAM CORN STARCH PUDDING (VANILLA)

1 pint of milk
$\frac{1}{2}$ cup of sugar
1 teaspoonful of vanilla
4 even tablespoonfuls of corn starch
4 eggs

Make the same as Chocolate Pudding, omitting the chocolate, and adding the vanilla to the whole pudding.

QUEEN MAB'S PUDDING

$\frac{1}{2}$ box of gelatine	1 pint of milk
1 pint of cream	4 eggs
1 teaspoonful of vanilla	$\frac{2}{3}$ of a cup of sugar

Cover the gelatine with cold water, and soak a half hour. Whip the cream. Put the milk on to boil ; when boiling, dissolve the gelatine in it, and strain. Beat the yolks and sugar together, stir into the boiling milk, and cook two minutes. Take from the fire, add the vanilla, and turn out into a tin basin to cool. Stand the basin in a pan of cracked ice, and stir constantly until it begins to thicken ; then add the whipped cream ; mix thoroughly, turn into a mould, and set away to harden. Serve with whipped cream heaped around it.

SNOW PUDDING

$\frac{1}{2}$ box gelatine	Juice of three lemons
2 cups of sugar	1 quart of milk
4 eggs	1 teaspoonful of vanilla
1 pint of boiling water	

Cover the gelatine with cold water, and let it soak a half hour. Then pour over it the boiling water, add the sugar, and stir until it is dissolved ; then add the lemon juice, and strain the whole into a tin basin ; place this in a pan of ice water, and let stand until cold. When cold, beat with an egg beater, until as white as snow ; beat the whites of the eggs to a stiff froth, and stir them into the pudding. Dip a fancy mould into cold water ; turn the pudding into it, and stand in a cold place four hours to harden.

## THE SAUCE

Put the milk on to boil, beat the yolks of the eggs and a half cup of sugar together until light, and stir them into a the boiling milk. Stir and cook two minutes. Take from the fire, add the vanilla, and turn out to cool. Serve the pudding with the sauce poured around it.

## STRAWBERRY PUDDING

- 1 pint of strawberry juice
- The whites of three eggs
- 4 even tablespoonfuls of corn starch
- $\frac{1}{2}$  cup of powdered sugar

Put the strawberry juice and sugar in a farina boiler, and stand it over the fire. Moisten the corn starch with a very little cold water. Beat the whites of the eggs to a stiff froth. Add the moistened corn starch to the hot strawberry juice, stir continually until it thickens. Take from the fire and beat in the whites of the eggs. Turn into a mould to harden. Serve very cold with sugar and cream.

Raspberry, Blackberry and Currant Pudding may be made in precisely the same manner.

## MONTROSE PUDDING

- 1 quart of good cream      Yolks of six eggs
- 1 cup of granulated sugar    1 tablespoonful of vanilla
- 1 pint of strawberry water ice

Put one pint of cream on to boil in farina boiler. Beat the yolks and sugar together until light, stir them into the boiling cream, and cook and stir until it thickens (about one minute). Take from the fire, add the remaining pint of cream, and the vanilla, let stand until cool, and freeze. When frozen, pack into a round or melon mould, leaving a well in the centre. Fill this well with the strawberry water ice, cover it over with some of the pudding you

have taken out. Pack in salt and ice, and let stand until wanted (not less than two hours). Serve the following sauce with it.

**THE SAUCE**

- |  |  |
|--|--|
| 1 heaping tablespoonful<br>of gelatine | 1 pint of cream<br>Yolks of three eggs |
| ¼ cup of pulverized sugar              | 1 teaspoonful of vanilla               |

Cover the gelatine with a little cold water, and soak a half hour. Put the cream on to boil in a farina boiler. Beat the eggs and sugar together until light, add them to the boiling cream, stir until it thickens (about one minute), add the gelatine, stir until dissolved; take from the fire, add the vanilla, and (if you use it) two tablespoonfuls of brandy and four of sherry. Stand it away in a cold place until wanted.

If you have not a round mould, use the freezer to mould it.

**ICED CAKE WITH A COMPOTE OF STRAWBERRIES**

**FOR THE CAKE**

- |                    |                                 |
|--------------------|---------------------------------|
| 4 eggs             | 1 cup of milk                   |
| 4 ounces of butter | 2 cups of flour                 |
| 2 cups of sugar    | 2 teaspoonfuls of baking powder |

Beat the butter, sugar and yolks of the eggs together until light; add the milk and then the flour. Beat well. Now beat the whites of the eggs to a stiff froth, and stir them carefully into the cake; add the baking powder, and mix well; pour into a greased cake pan and bake in a moderate oven for three-quarters of an hour.

**FOR THE FILLING**

For the filling, make a Frozen Custard, and stand it away until ready to serve.

When the cake is cold and you are ready to serve, cut off the top and take out the centre, leaving a bottom and wall

about one inch thick. Fill this space with the frozen custard, put the top back, if it is high in the centre cut the elevation off. Heap strawberries over the top, dust thickly with powdered sugar, and pour around a syrup made by boiling one pound of sugar and a half pint of water for ten minutes. Syrup should be made early and stood away to cool.

### ICED STRAWBERRY PUDDING

1 pound of sugar	1 pint of strawberry juice.
1 pint of water	Yolks of six eggs.

Boil the sugar and water together for thirty minutes, watch carefully that it does not get too thick. Beat the yolks of the eggs very light, add them to the boiling syrup, stir over the fire a moment, then turn into a large bowl. Beat continuously until cold and thick like a sponge cake batter, then add the strawberry juice and freeze.

### PEACH BAVARIAN CREAM

1 pint can or nine fresh	$\frac{1}{2}$ box of gelatine
peaches	$\frac{1}{2}$ pint of cold water
	1 pint of cream

Cover the gelatine with the water and let soak a half hour. Press the peaches through a colander; if fresh, first stew and sweeten them. Stir the gelatine over boiling water until dissolved. Whip the cream. Add the gelatine to the peaches, mix, and turn into a tin basin; stand the basin in a pan of cracked ice, and stir constantly until it begins to thicken; then add the whipped cream, stir carefully until thoroughly mixed; turn into a mould and stand aside to harden. Serve with whipped cream heaped around the base.

**RASPBERRY BAVARIAN CREAM**

$\frac{1}{2}$  box of gelatine      1 pint of raspberry juice  
 $\frac{1}{2}$  cup of sugar      1 pint of cream  
 $\frac{1}{2}$  cup of water

Cover the gelatine with the water, and soak a half hour ; then stand it over boiling water until thoroughly dissolved, add to it the sugar and raspberry juice, and strain into a tin basin. Place the basin in a pan of cracked ice, and stir continually until it thickens, then add the cream whipped ; stir carefully until thoroughly mixed. Pour into a mould, and stand in a cold place to harden.

**STRAWBERRY BAVARIAN CREAM**

1 quart of strawberries       $\frac{1}{2}$  box of gelatine  
 1 cup of sugar      1 pint of cream  
 $\frac{1}{2}$  cup of cold water

Cover the gelatine with the water, and soak a half hour. Mash the berries and press them through a sieve fine enough to remove the seeds ; add the sugar, and stir until dissolved. Stand the gelatine over boiling water and, when melted, strain it into the strawberry juice ; mix, turn into a tin basin, and finish the same as Raspberry Bavarian Cream.

**CHARLOTTE RUSSE**

1 quart of good cream       $\frac{1}{2}$  pound of lady fingers  
 $\frac{3}{4}$  cup of powdered sugar       $\frac{1}{2}$  box of gelatine  
 1 teaspoonful of vanilla       $\frac{1}{2}$  gill sherry (if you use wine)

Cover the gelatine with cold water, and let it soak for a half hour. Whip the cream and lay it on a sieve to drain. Line two plain two-quart moulds with the lady fingers. Now turn the cream into a large basin and place it in a pan of cracked ice : add to the soaked gelatine just enough boiling water to dissolve it. Now add the sugar carefully to the cream, then the vanilla and wine, and last, strain in the

gelatine. Commence to stir immediately ; stir from the sides and bottom of the basin until it begins to thicken, then pour into the moulds and stand away on the ice to harden.

### CROQUANTE OF PEACHES

- 18 nice ripe peaches
- 1 pound of sugar
- 1 pint of small strawberries
- $\frac{1}{2}$  pint of water

The recipe for Charlotte Russe

Boil the sugar and water together until it is brittle when dropped in cold water ; that is, when it begins to boil up in large bubbles, take a little of it on a spoon and drop it into cold water ; if it snaps in breaking, it is sufficiently boiled. Take it from the fire immediately. Rub a plain two-quart mould with melted butter or oil. Have ready the peaches pared, cut into halves and stoned, the strawberries stemmed. Put a piece of peach on a wooden skewer, dip it in the syrup, then dip a berry in the syrup, and place in the centre of the peach where the stone was taken out, then press it against the side of the mould, and so continue until the mould is lined, then stand away in a cold place to harden. When hard, fill with Charlotte Russe, and stand in a cold place for an hour or two. When ready to serve, put a plate over the mould, turn it upside down, wipe the outside of the mould with a warm cloth, then carefully lift it off. This dish is both beautiful and good.

### CROQUANTE OF STRAWBERRIES

- 1 quart of strawberries
  - 1 tablespoonful of gelatine
- Charlotte Russe

Cover the gelatine with cold water and let it soak a half hour, then add to it two tablespoonfuls of boiling water and



stir until dissolved. Dip a plain two-quart mould in cold water, then stand it in a pan of ice water. Stem the berries, and dip each one in the gelatine, then press them against the inside of the mould ; and in this way they will stick, allowing you to arrange them in any fancy design you may choose. A wreath around the side of the mould and a rose in the bottom made from the berries is very pretty. Angelica may be used for the leaves and stems, or you may line the mould perfectly solid with the berries. Now fill with Charlotte Russe and stand away to harden.

This will serve eight persons.

Croquante of Raspberries may be made in the same way.

#### APPLE SPONGE

$\frac{1}{2}$ box of gelatine	1 pound of sugar
1 pound of apples	Grated rind of one and
3 eggs	juice of two lemons
$\frac{1}{2}$ pint of boiling water	

Boil the sugar and water until clear, take the scum from the surface. Pare the apples, core and slice them into this syrup. Stew until tender. Cover the gelatine with cold water and let it soak while the apples are stewing ; add the gelatine to the apples when they are done, then press the whole through a sieve, add the rind and juice of the lemons, and stir until cold and slightly thickened. Beat the whites of the eggs to a stiff froth, stir them into the apples and beat until cold and thick, then pour into a mould to harden. Make a Vanilla Sauce from the yolks of the eggs (see recipe). Serve the sponge in a dessert dish, with the sauce poured around it.

Peach Sponge may be made the same way, using one pound of peaches instead of a pound of apples.

**BLACKBERRY SPONGE**

$\frac{3}{4}$  box of gelatine       $\frac{1}{2}$  pint of blackberry juice  
 $\frac{1}{2}$  cup of sugar      4 eggs  
1 pint of boiling water

Cover the gelatine with a half cup of cold water, and soak for a half hour ; then pour over it the boiling water, add the sugar, and stir until dissolved ; add the blackberry juice, and strain into a tin basin ; put this basin in a pan of cracked ice to stand until cold and thick, stirring occasionally. Then beat to a stiff froth, add the well beaten whites of the eggs, and beat until smooth ; turn into a fancy pudding mould to harden. Serve with Vanilla Sauce poured around it.

**CURRENT SPONGE**

Make the same as Blackberry Sponge, using a half pint of currant juice, a half pint of sugar, a half pint of boiling water, a half box of gelatine, and four eggs.

**RASPBERRY SPONGE**

The same as Blackberry Sponge, using one pint of raspberry juice.

**STRAWBERRY SPONGE**

Make same as Blackberry Sponge, using one pint of strawberry juice, one cup of sugar, a half box of gelatine, a half pint of boiling water, and four eggs.

**VANILLA SAUCE**

1 pint of milk      2 tablespoonfuls of sugar  
Yolks of four eggs      1 teaspoonful of vanilla

Put the milk on to boil in a farina boiler. Beat the yolks and the sugar together until light, then add them to the boiling milk ; stir over the fire for two minutes. Take off, add the vanilla, and put away to cool.

**JUNKET**

- 1 quart of milk
- 1 tablespoonful of rennet wine
- 3 tablespoonfuls of sugar
- 1 teaspoonful of vanilla

Warm the milk slightly, add the sugar and vanilla, and stir until the sugar is dissolved ; add the rennet wine, stir quickly, and turn at once into the dish in which it is to be served. Let it stand perfectly quiet for ten minutes until set. It may then be lifted carefully to a cold place. Serve very cold with sugar and cream.

**COLD CUSTARD**

Cold Custard is made precisely the same as Junket adding two well beaten eggs to the milk before warming.



## ***ADDITIONAL RECIPES***

97.









# INDEX

Anchovy Sandwiches	79	Beef's Heart with Veal Stuffing	53
Apple Omelet	76	Tongue, Boiled	54
Salad	81	Tongue, Potted	73
Sponge	93	Tongue on Toast	55
Apricot Salad	31	Beet Salad	7
Asparagus in Ambush	4	Beets, Boiled	6
Boiled	3	Bewitched Veal	62
Fried	5	Blackberry Pudding	38
Ragout of	3	Sponge	94
Scalloped	5	Blind Hare	62
Stewed	4	Blue Fish, Fried	33
Tops, Salad of	27	Boned Chicken	65
Aspic Jelly	63	Breslan of Beef	47
Artichokes, French or Globe	1	Broccoli	7
Jerusalem	1	Brook Trout	33
Jerusalem, Pickled	2		
Lyonnaise	2	Cabbage à la Crème	7
Scalloped	2	Calf's Head Cheese	61
		Collared	63
Banana Salad	31	Catfish	33
Bass, Fried	33	Cauliflower, Boiled	8
Bavarian Cream, Peach	90	with Cheese	8
Raspberry	91	Salad	23
Strawberry	91	Stewed	8
Beans, Butter	6	Charlotte Russe	91
Kidney, Stewed	6	Chaud Froid of Chicken	68
Lima	5	Cheese, Calf's Head	61
String	6	Italian	61
String, Salad of	27	Sandwiches	79
Bearnaise Sauce	82	Chicken, Boned	65
Béchamel Sauce	83	Chaud Froid of	68
Beef	47	in Jelly	68
Breslan of	47	Pickled	71
Collared	47	Potted	72
Collops of	48	Pressed	69
Dried, Fricassee of	49	Sandwiches	80
Dried, Frizzled	49	Chocolate Pudding	86
Dried, Relish of	48	Clam Fritters	40
Dutch Style	49	Clams	33
Fillet of, Broiled	50	Deviled	33
Fillet of, in Jelly	50	Fried	39
à la Mode, No. 1	50	Roasted	40
à la Mode, No. 2	52	Stewed	40
Pressed	52	Cold Corn	9
Pressed Corned	53	Custard	95

Cold Mutton Cutlets	55	Eggs à la Tripe	77
Collared Beef	47	English Drawn Butter	84
Calf's Head	63		
Collaps of Beef	48	Fillet of Beef, Broiled	50
Corn Boiled on the Cob	9	in Jelly	50
Boiled in the Husks	9	Fillets of Fish	35
Cold	9	Fish	32
Fritters	10	Shell	38
Omelet	10	Baked	32
Oysters	11	Boiled	32
Pudding	11	à la Crème	34
Roasted	9	Cutlets	34
Salad	29	Fillets of	35
Starch Pudding	86	Fried	33
Stewed	9	Potted	72
Corned Beef Sandwiches	79	Salad	26
Crab Salad	26	Scalloped	35
Crabs	40	on Vinaigrette	36
Boiled	40	Flounders, Boiled	32
Deviled	41	Fried	33
Cream Salad Dressing	25	French Artichokes	1
Sauce	88	Dressing	24
Sauce with Mushrooms	88	Fricassee of Dried Beef	49
Tomato Sauce	85	Fritters, Clam	40
Creamed Cabbage	7	Corn	10
Cucumber Salad	28	Fruit Salad Dressing	30
Cucumbers, Fried	12		
Fried in Batter	12	Galantine of Veal	58
Stewed	13	Green Peas	17
Stuffed	14	Tomatoes, Fried	21
Current Pudding	88	Grilled Sardines	35
Sponge	94		
Curried Lobster	46	Ham, Potted	73
Custard, Cold	95	Sandwiches	80
Cutlets, Fish	34	and Egg Sandwiches	80
Lobster	43	Halibut, Pickled	37
Mutton	55	Heart, Beef's	53
Veal, for Breakfast	58	Herring, Fried	33
		Hollandaise Sauce	84
Dandelion Salad	29		
Deviled Clams	38	Iced Cake, with a compote of	
Crabs	41	Strawberries	89
Eggs	74	Indian Sandwiches	80
Lobster	44	Italian Cheese	61
Dock, Stur or Narrow	14	Salad	28
Drawn Butter	84		
Dried Beef, Fricassee	49	Jellied Veal	60
Relish	48	Jelly, Aspic	63
Dutched Lettuce	16	Jerusalem Artichokes	1
		Junket	95
Egg-Plant, Baked	14		
Fried	14, 15	Kidney Beans	6
Fried in Butter	15	Kidneys, Sheep's, on Brochette	57
Oysters	15	Kohl-Rabi	7
Stuffed	15		
Egg Salad	28	Lamb, Baked or Roasted	58
Sandwiches	80	Leeks, Boiled	16
Eggs, Beauregard	73	Lettuce Dutched	16
Brouilles	78	Salad	29
Deviled	74	Lima Beans	5
in Marinade	75	Lobster	41
with Minced Meat	75	To Boil and Open	41
with Parmesan	77	Broiled	42
Poached in Tomatoes	75	with Cecil Sauce	43

Lobster with Cream Sauce	43	Pressed Meat	52
Curried	46	Pudding, Blackberry	85
Cutlets	43	Corn	11
Devised	44	Corn Starch	86
Farci	44	Cream Chocolate	86
Salad	26	Currant	88
Scalloped	45	Montrose	88
Stewed	45	Queen Mab's	87
Lyonnais Artichokes	2	Raspberry	88
		Snow	87
Mandarin Salad	31	Strawberry	88
Marbled Meat	70	Strawberry Iced	90
Veal	63	Puddings and Desserts	86
Mayonnaise Dressing	28		
of Sweetbreads	26	Queen Mab's Pudding	87
Meat and Fish Sauces	82		
Marbled	70	Radishes	18
Meats	47	Ragout of Asparagus	3
Mock Pâté de foie Gras	73	Raspberry Bavarian Cream	91
Montrose Pudding	88	Omelet	77
Mutton	56	Pudding	88
Cutlets	55	Sponge	94
en Papillote	55	Raspberries, Croquante of	93
Scallop of	56	Roast Clams	40
		Roasted Corn	9
Nasturtium Blossom Salad	29		
Okra, Boiled	16	Salad, Apple	31
Stewed with Rice	17	Apricot	31
Stewed with Tomatoes	17	of Asparagus Tops	27
Omelet, Apple	76	Banana	81
Corn	10	Beans, String	27
Peach	76	Beet	7
Raspberry	77	Cauliflower	28
Strawberry	77	Corn Salad	29
Soufflé	76	Crab	26
Orange Salad	31	Cucumber	28
Oysters, Corn	11	Dandelion	29
of Egg Plant	15	Egg	28
		Fish	26
Pâté de Foie Gras, Mock	73	Italian	28
Peach Bavarian Cream	90	Lettuce	29
Omelet	76	Lobster	26
Salad	31	Mandarin	31
Sponge	98	Nasturtium Blossom	29
Peaches, Croquante of	92	Orange	31
Peas, Green	17	Peach	31
Pepper Grass Salad	29	Peppergrass	29
Perch, Fried	38	Potato	29
Pickled Jerusalem Artichokes	2	Sorrel	29
Chicken	71	Tomato	30
Halibut	37	Water Cress	29
Salmon	36	Salads	28
Porgies, Fried	33	Salad Dressing, Cream	25
Potato Salad	29	French	24
Potted Chicken	72	Fruit, No. 1	30
Fish	72	Fruit, No. 2	30
Ham	73	Mayonnaise	28
Beef's Tongue	73	without Oil	24
Veal	73	Salmon, Pickled	36
Potting	73	Sandwiches,	79
Poultry	65	Anchovy,	79
Pressed Corned Beef	58	Corned Beef	79
Chicken	69	Cheese	79
		Chicken	80

Sandwiches, Egg	80	Strawberry Bavarian Cream	91
Ham	80	Omelet	77
Ham and Egg	80	Pudding	88
Indian	80	Iced	90
Sardine	81	Sponge	94
Tongue	81	Strawberries, Croquante of	92
Sardine Sandwiches,	81	String or Butter Beans	6
Sardines, Grilled	85	Stuffed Cucumbers	14
Sauces, Bearnaise	82	Egg-plant	15
Béchalnel	88	Tomatoes	22
English Drawn Butter	94	Succotash	12
Cream	88	Summer Squash	18
Cream Mushroom	88	Fried	19
Cream of Tomato	85	Stewed	19
Hollandaise	84	Stuffed	19
Montrose	89	Sweetbreads, Mayonnaise of	25
Tartare	84		
Tomato	85	Tartare Sauce	84
Tomato and Okra	85	Tomato Farci	20
Vanilla	94	Salad	30
Vinaigrette	85	Sauce	85
Sauces, Fish	82	and Okra Sauce	85
Meat	82	Tomatoes, Baked, No. 1	19
Stock for	82	Baked, No. 2	19
Scallop of Mutton	56	Broiled	20
Scalloped Artichokes	2	Fried, No. 1	20
Asparagus	5	Fried, No. 2	21
Fish	35	with Okra	17
Lobster	45	Stewed	21
Sheep's Head, Boiled	32	Stuffed	22
Kidneys en Brochette	57	Green, Fried	21
Tongues, To Boil	56	Yellow, Fried	21
Tongue in Jelly	57	Tongue Sandwiches	81
Shell Fish	38	on Toast	55
Smoked Beef's Tongue, Boiled	54	Tripe, Soured	54
Sheep's Tongue	56		
Snow Pudding	87	Vanilla Sauce	94
Sorrel Salad	29	Veal	58
Soufflé, Omelette	76	Bewitched	62
Sour or Narrow Dock	14	Outlets	58
Soured Tripe	54	Galantine of	58
Sponge, Apple	93	Jellied	60
Blackberry	94	Loaf	60
Currant	94	Marbled	63
Peach	93	Vegetables	1
Raspberry	94	Vinaigrette Sauce	85
Strawberry	94		
Squash, Summer	18	Water-Cress Salad	29
Fried	19	Weakfish, Fried	33
Stewed	19	Whitefish, Boiled	32
Stuffed	19	Fried	33
Stock for Sauces	82		

